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## Muffuletta ••

Muffuletta is a type of sandwich that originated in New Orleans. It is made with a round loaf of bread filled with various Italian cold cuts, cheese, and olive salad. The sandwich is known for its unique flavor and is often served as a popular street food in the city.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	round loaf of bread
<b>200 g</b>	italian cold cuts (salami, ham, mortadella)
<b>200 g</b>	Provolone Cheese
<b>100 g</b>	olive salad

# Directions

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## Step 1

Cut

Slice the round loaf of bread in half horizontally.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Spreading

Spread the olive salad on the bottom half of the bread.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Layering

Layer the Italian cold cuts and provolone cheese on top of the olive salad.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

## Pressing

Cover with the top half of the bread and press down firmly.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 5

### Cut, serving

Cut the sandwich into quarters and serve.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 400 kcal

**Fat:** 25 g

**Protein:** 20 g

**Carbohydrates:** 30 g

## Nutrition Facts

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## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	25 g	89.29%	100%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Cuisines

Italian American German Middle Eastern

### Course

Breads Salads Main Dishes Side Dishes Sauces & Dressings

## Cultural

Chinese New Year

## Kitchen Tools

Slow Cooker

## Cooking Method

Carbonating

Whipping

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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