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Assorted Ciabatta Bun Hot Hoagie

The Assorted Ciabatta Bun Hot Hoagie is a delicious sandwich made with a variety of ingredients. It is typically consumed as a lunch or dinner option and is popular for its rich flavors and textures.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	assorted ciabatta buns
200 g	Roast Beef
200 g	Ham
100 g	Salami
150 g	provolone cheese

50 g	lettuce
100 g	Tomato
50 g	mayonnaise
30 g	mustard
5 g	Salt
5 g	Black pepper

Directions

Step 1

Cut

Slice the ciabatta buns in half.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Layer the roast beef, ham, salami, provolone cheese, lettuce, and tomato on the bottom half of the ciabatta buns.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Spread mayonnaise and mustard on the top half of the ciabatta buns.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Close the sandwich by placing the top half of the ciabatta bun on the layered ingredients.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
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	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Supper

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Hanukkah

Oktoberfest

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Difficulty Level

Medium

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