

Italian Ciabatta Sandwich

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/hot-italian-sandwich-with-capicola-recipe>

Ingredients:

- 6 ounces marinated artichoke hearts jar quartered
- 1/4 cup red sweet pepper chopped roasted
- 2 tablespoons pitted ripe olives chopped
- 12 inches Ciabatta or Focaccia
- 4 ounces capocola thinly sliced
- 4 ounces sliced salami thinly
- 2 ounces mortadella thinly sliced
- 4 ounces sliced provolone cheese thinly

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 65 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 20 grams
7. SaturatedFat: 10 grams
8. Sodium: 830 milligrams
9. Sugar: 2 grams

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