



## Arkansas Tomato Sandwiches

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1543 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup cilantro leaves fresh loosely packed
- 1 garlic clove
- 1 tablespoon juice of lime fresh
- 1 teaspoon lime zest
- 1 cup mayonnaise
- 1 serving onion red thinly sliced
- 1 serving the salad
- 1 serving salt and pepper freshly ground to taste

# Equipment

- frying pan
- blender

# Directions

- Process mayonnaise, cilantro leaves, lime zest, fresh lime juice, and garlic clove in a blender until smooth.
- Spread mayonnaise mixture over warm Summer Griddle Cakes.
- Sprinkle tomato slices with salt and freshly ground pepper to taste, and sandwich tomato slices with salad greens and thinly sliced red onion between griddle cakes.

# Nutrition Facts

**PROTEIN 0.85%** **FAT 97.67%** **CARBS 1.48%**

# Properties

Glycemic Index:171, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:13.378260923469%

# Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg

# Nutrients (% of daily need)

Calories: 1542.5kcal (77.13%), Fat: 167.69g (257.99%), Saturated Fat: 26.22g (163.87%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 5.07g (1.84%), Sugar: 1.78g (1.97%), Cholesterol: 94.08mg (31.36%), Sodium: 1634.84mg (71.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin K: 414.88µg (395.12%), Vitamin E: 7.79mg (51.91%), Vitamin A: 1688.47IU (33.77%), Vitamin C: 19.69mg (23.87%), Manganese: 0.2mg (9.87%), Folate: 37.86µg (9.47%), Selenium: 5.91µg (8.44%), Phosphorus: 77.66mg (7.77%), Potassium: 230.08mg (6.57%), Iron: 1.09mg (6.03%), Vitamin B6: 0.12mg (5.94%), Copper: 0.11mg (5.67%), Vitamin B5: 0.57mg (5.66%), Vitamin B2: 0.09mg (5.57%), Vitamin B12: 0.27µg (4.48%), Calcium: 42.38mg (4.24%), Vitamin B1: 0.06mg (3.73%), Zinc: 0.55mg (3.67%), Magnesium: 12.98mg (3.24%), Vitamin D: 0.45µg (2.99%), Fiber: 0.64g (2.58%), Vitamin B3: 0.45mg (2.23%)