



Arugula, Mozzarella, Tomato on Focaccia



Vegetarian



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large tomatoes ripe cut into 1/4-inch-thick slices
- ☐ 1 onion red thinly sliced
- ☐ 3 tablespoons red-wine vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 3 cups arugula packed trimmed coarsely chopped
- ☐ 4 servings focaccia bread halved for 4 sandwiches (enough)
- ☐ 0.5 pound mozzarella cheese fresh sliced thin (is best)
- ☐ 1 Tbsp mayonnaise

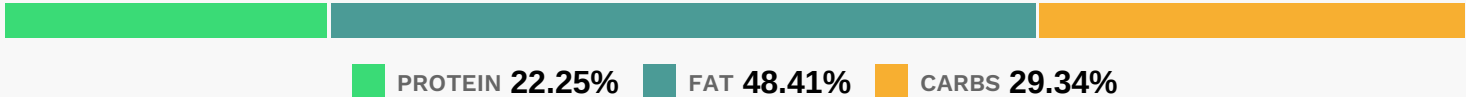
Equipment

- ☐ bowl
- ☐ baking pan

Directions

- ☐ In a large bowl or baking dish combine tomatoes, onion, and vinegar and season with pepper and salt. Marinate 30 minutes.
- ☐ Layer mozzarella, tomatoes, onions and arugula on the focaccia half.
- ☐ Spread some mayonnaise on the top half of the focaccia if desired. Press top half over the bottom, hold together with a couple of tooth picks.

Nutrition Facts



Properties

Glycemic Index:66.17, Glycemic Load:9.56, Inflammation Score:-9, Nutrition Score:17.440434518068%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 5.54mg, Kaempferol: 5.54mg, Kaempferol: 5.54mg, Kaempferol: 5.54mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg

Nutrients (% of daily need)

Calories: 311.99kcal (15.6%), Fat: 16.92g (26.04%), Saturated Fat: 8.12g (50.75%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 19.59g (7.12%), Sugar: 7.27g (8.08%), Cholesterol: 46.24mg (15.41%), Sodium: 522.75mg (22.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.5g (35.01%), Vitamin A: 1880.18IU (37.6%), Calcium: 366.7mg (36.67%), Vitamin K: 35.71µg (34.01%), Manganese: 0.61mg (30.41%), Phosphorus: 287.15mg (28.72%), Vitamin C: 23.1mg (28%), Selenium: 17.97µg (25.67%), Vitamin B12: 1.3µg (21.61%), Folate: 68.21µg (17.05%), Vitamin B2: 0.28mg (16.36%), Zinc: 2.31mg (15.37%), Potassium: 507.98mg (14.51%), Fiber: 3.49g (13.96%), Vitamin B1: 0.2mg (13.49%), Vitamin B3: 2.51mg (12.57%), Magnesium: 48.29mg (12.07%), Iron: 1.97mg (10.95%), Vitamin B6: 0.21mg (10.29%), Copper: 0.15mg (7.67%), Vitamin E: 1.08mg (7.21%), Vitamin B5: 0.54mg (5.38%), Vitamin D: 0.23µg (1.56%)