



Balsamic Roasted Tomato Caprese Sandwich



Vegetarian



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette (sliced in half) cut into 4 sandwich sized pieces and
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 handful basil leaves
- ☐ 1 ball mozzarella cheese (fresh sliced)
- ☐ 2 cloves garlic (chopped)
- ☐ 2 tablespoon olive oil
- ☐ 4 servings salt and pepper (to taste)
- ☐ 4 field tomatoes (ripe cut in half)

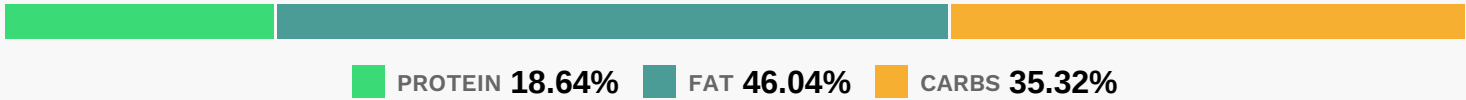
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place the tomatoes on a baking sheet with the cut side facing up.
- ☐ Sprinkle with the garlic, salt and pepper and drizzle with the oil and vinegar.
- ☐ Roast the tomatoes in a preheated 350F oven for an hour.
- ☐ Let the tomatoes cool, assemble the sandwich and and enjoy.

Nutrition Facts



Properties

Glycemic Index:71.69, Glycemic Load:22.7, Inflammation Score:-8, Nutrition Score:17.565217443134%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 421.27kcal (21.06%), Fat: 21.59g (33.22%), Saturated Fat: 8.77g (54.83%), Carbohydrates: 37.28g (12.43%), Net Carbohydrates: 34.45g (12.53%), Sugar: 7.36g (8.18%), Cholesterol: 44.63mg (14.88%), Sodium: 941.78mg (40.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.67g (39.34%), Calcium: 368.12mg (36.81%), Selenium: 20.57µg (29.39%), Phosphorus: 292.24mg (29.22%), Vitamin A: 1433.04IU (28.66%), Vitamin B1: 0.43mg (28.63%), Manganese: 0.48mg (24.19%), Vitamin B2: 0.39mg (22.7%), Folate: 89.67µg (22.42%), Vitamin B12: 1.29µg (21.47%), Vitamin C: 17.41mg (21.1%), Vitamin K: 19.21µg (18.29%), Vitamin B3: 3.64mg (18.21%), Zinc: 2.38mg (15.85%), Iron: 2.85mg (15.82%), Vitamin E: 1.97mg (13.11%), Potassium: 424.03mg (12.12%), Fiber: 2.83g (11.31%), Magnesium: 42.26mg (10.56%), Vitamin B6: 0.2mg (10.18%), Copper: 0.16mg (8.1%), Vitamin B5: 0.44mg (4.35%), Vitamin D: 0.23µg (1.51%)