



## Basil Pesto Sunshine Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons basil pesto
- 1 slice focaccia bread cut in half horizontally
- 0.5 cup feta cheese crumbled
- 0.5 cup basil leaves fresh
- 1 tablespoon mayonnaise
- 0.3 cup roasted peppers red
- 2 tablespoons sun-dried tomato pesto

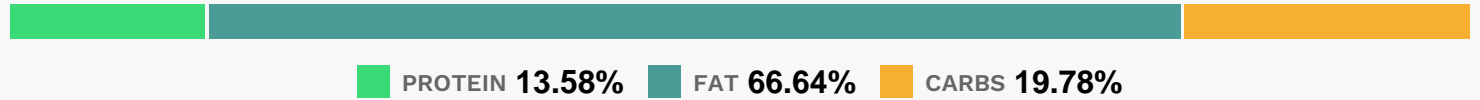
### Equipment

bowl

## Directions

- In a small bowl, mix together mayonnaise and basil pesto; spread onto one half of bread.
- Spread other half with sun-dried tomato pesto. Arrange roasted red peppers on bottom piece. Cover with feta cheese, then fresh basil. Top with remaining slice of bread.

## Nutrition Facts



## Properties

Glycemic Index:205.67, Glycemic Load:8.06, Inflammation Score:-8, Nutrition Score:20.644782460254%

## Nutrients (% of daily need)

Calories: 466.73kcal (23.34%), Fat: 34.63g (53.27%), Saturated Fat: 13.19g (82.43%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 20.27g (7.37%), Sugar: 4.44g (4.93%), Cholesterol: 75.83mg (25.28%), Sodium: 1925.17mg (83.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.76%), Vitamin K: 75.34µg (71.75%), Calcium: 486.6mg (48.66%), Vitamin B2: 0.73mg (42.7%), Vitamin A: 1536.26IU (30.73%), Phosphorus: 305.53mg (30.55%), Selenium: 19.78µg (28.25%), Manganese: 0.55mg (27.47%), Vitamin C: 19.63mg (23.8%), Vitamin B6: 0.43mg (21.55%), Vitamin B12: 1.28µg (21.41%), Zinc: 2.63mg (17.55%), Vitamin B1: 0.24mg (16.32%), Folate: 62.26µg (15.56%), Iron: 2.59mg (14.4%), Vitamin B3: 2.61mg (13.05%), Fiber: 2.85g (11.41%), Vitamin B5: 1.02mg (10.17%), Magnesium: 37.4mg (9.35%), Copper: 0.16mg (7.99%), Potassium: 175.28mg (5.01%), Vitamin E: 0.74mg (4.96%), Vitamin D: 0.33µg (2.19%)