



Basil, Tomato and Mozzarella Sandwich

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

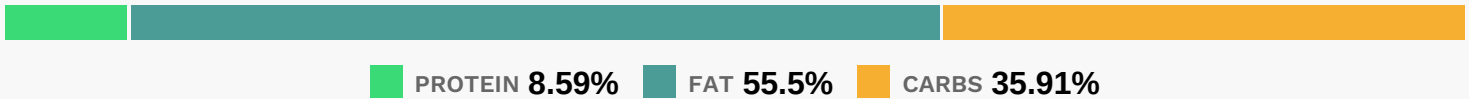
- ☐ 0.5 cup balsamic vinegar
- ☐ 6 basil leaves fresh chopped
- ☐ 4 ounces mozzarella cheese fresh sliced
- ☐ 1 pound bread italian
- ☐ 0.1 teaspoon pepper flakes red
- ☐ 2 tomatoes sliced

Equipment

Directions

- ☐ Slice the loaf of bread in half lengthwise.
- ☐ Layer the basil, tomato slices, and mozzarella cheese between the two halves of bread.
- ☐ Cut into four sandwiches.
- ☐ In a small dish, stir together the balsamic vinegar and red pepper flakes. Use as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:3.51, Inflammation Score:-6, Nutrition Score:10.313043573628%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 757.24kcal (37.86%), Fat: 46.5g (71.54%), Saturated Fat: 25.52g (159.5%), Carbohydrates: 67.68g (22.56%), Net Carbohydrates: 62.94g (22.89%), Sugar: 41.72g (46.36%), Cholesterol: 22.4mg (7.47%), Sodium: 609.91mg (26.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.39%), Vitamin B3: 5.51mg (27.55%), Folate: 83.08µg (20.77%), Fiber: 4.74g (18.95%), Phosphorus: 163.65mg (16.37%), Iron: 2.93mg (16.29%), Calcium: 159.19mg (15.92%), Vitamin A: 754.12IU (15.08%), Potassium: 452.06mg (12.92%), Vitamin B1: 0.19mg (12.69%), Vitamin B2: 0.19mg (11.47%), Vitamin B12: 0.65µg (10.77%), Vitamin C: 8.53mg (10.34%), Magnesium: 36.01mg (9%), Zinc: 1.19mg (7.95%), Vitamin K: 8.07µg (7.68%), Selenium: 4.83µg (6.91%), Manganese: 0.13mg (6.42%), Vitamin B6: 0.06mg (3.1%), Vitamin E: 0.41mg (2.76%), Copper: 0.05mg (2.53%)