



Basil-Tomato Meatloaf Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

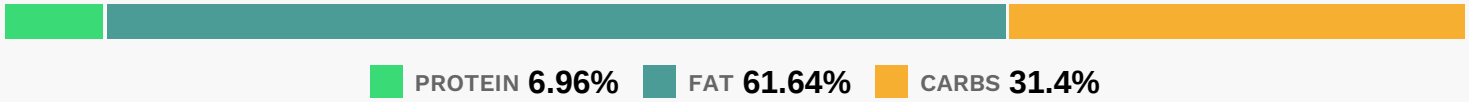
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 cup iceberg lettuce shredded
- ☐ 0.5 cup mayonnaise
- ☐ 8 slices meatloaf cold (1/2-inch-thick)
- ☐ 2 plum tomatoes sliced
- ☐ 10 servings salt and pepper to taste
- ☐ 8 slices bread white hearty

Equipment

Directions

- ☐ Stir together 1/2 cup mayonnaise and 1 Tbsp. chopped fresh basil.
- ☐ Spread 1 Tbsp. mayonnaise mixture on 1 side of each bread slice. Top 4 bread slices, mayonnaise sides up, evenly with meatloaf slices, shredded lettuce, and tomato slices; sprinkle with salt and pepper to taste. Top with remaining bread slices, mayonnaise sides down.
- ☐ Note: For testing purposes only, we used Sara Lee Honey White
- ☐ Bakery Bread.

Nutrition Facts



Properties

Glycemic Index:26.48, Glycemic Load:7.22, Inflammation Score:-2, Nutrition Score:3.9804347753525%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 135.08kcal (6.75%), Fat: 9.25g (14.23%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 9.91g (3.6%), Sugar: 1.6g (1.78%), Cholesterol: 5.26mg (1.75%), Sodium: 362.22mg (15.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin K: 21.84µg (20.8%), Vitamin B1: 0.11mg (7.34%), Manganese: 0.15mg (7.26%), Selenium: 4.91µg (7.01%), Folate: 26.84µg (6.71%), Vitamin B3: 1.04mg (5.18%), Calcium: 46.11mg (4.61%), Iron: 0.78mg (4.35%), Vitamin E: 0.49mg (3.29%), Vitamin B2: 0.05mg (3.2%), Vitamin A: 157.47IU (3.15%), Phosphorus: 29.48mg (2.95%), Fiber: 0.7g (2.79%), Vitamin C: 1.94mg (2.35%), Potassium: 65.81mg (1.88%), Magnesium: 7.51mg (1.88%), Copper: 0.04mg (1.85%), Vitamin B6: 0.03mg (1.63%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.14mg (1.44%)