



Caprese Arugula Pesto Sandwiches

READY IN



30 min.

SERVINGS



3

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 5 large basil
- ☐ 0.5 cup basil fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 clove garlic
- ☐ 1 lemon zest grated
- ☐ 0.3 cup mayonnaise
- ☐ 5 slices mozzarella cheese thick
- ☐ 0.3 cup olive oil

- ☐ 2 tablespoons parmesan cheese grated
- ☐ 2 tablespoons pinenuts
- ☐ 1 can bread crumbs refrigerated french simply®
- ☐ 3 servings salt to taste
- ☐ 1 large tomatoes ripe sliced

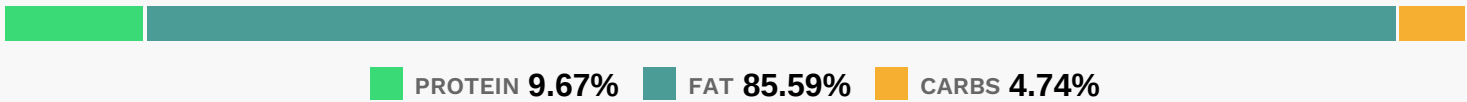
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Bake bread as directed on can. Cool completely.
- ☐ Meanwhile, in food processor or blender, place arugula, basil, mint, garlic, Parmesan cheese, pine nuts and oil. Cover; blend until pureed.
- ☐ Add salt to taste.
- ☐ In small bowl, stir together mayonnaise and lemon peel.
- ☐ Cut bread lengthwise down center.
- ☐ Spread arugula mixture (pesto) on bottom half of bread; spread mayonnaise mixture on top half. Top bottom half with mozzarella slices, tomato slices and basil leaves. Cover with top half of bread.
- ☐ Cut loaf into 3 sandwiches.

Nutrition Facts



Properties

Glycemic Index:105.67, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:17.535217394%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 4.71mg, Kaempferol: 4.71mg, Kaempferol: 4.71mg, Kaempferol: 4.71mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 561.9kcal (28.1%), Fat: 54.41g (83.71%), Saturated Fat: 12.66g (79.1%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 4.97g (1.81%), Sugar: 2.91g (3.24%), Cholesterol: 48.05mg (16.02%), Sodium: 676.86mg (29.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.83g (27.67%), Vitamin K: 88.32µg (84.11%), Manganese: 0.83mg (41.6%), Vitamin E: 5.23mg (34.83%), Calcium: 320.12mg (32.01%), Vitamin A: 1590.43IU (31.81%), Phosphorus: 259.29mg (25.93%), Vitamin B12: 1.14µg (19.07%), Vitamin C: 15.29mg (18.53%), Zinc: 2.24mg (14.96%), Selenium: 9.88µg (14.12%), Vitamin B2: 0.2mg (11.96%), Magnesium: 47.07mg (11.77%), Potassium: 321.85mg (9.2%), Folate: 36.69µg (9.17%), Copper: 0.18mg (8.96%), Iron: 1.5mg (8.35%), Fiber: 1.81g (7.23%), Vitamin B6: 0.11mg (5.71%), Vitamin B1: 0.08mg (5.19%), Vitamin B3: 0.88mg (4.41%), Vitamin B5: 0.28mg (2.77%), Vitamin D: 0.24µg (1.62%)