



WHATSheATE



Caprese Grilled Cheese Sandwich



Vegetarian



Popular

READY IN



15 min.

SERVINGS



2

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons basil pesto
- ☐ 4 slices bread
- ☐ 1 ball mozzarella cheese fresh sliced room temperature
- ☐ 2 tablespoons olive oil
- ☐ 2 servings salt and pepper to taste
- ☐ 1 large tomatoes ripe sliced room temperature

Equipment

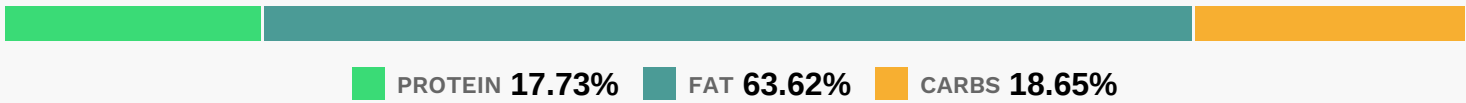
- ☐ frying pan

☐ grill

Directions

- ☐ Heat a non-stick pan over medium heat.
- ☐ Brush the outside of each slice of bread with oil, spread the pesto on the inside, place the mozzarella on the pesto on of one slice of bread, top with the tomato, season with salt and pepper and finally top the other slice of bread pesto side in.
- ☐ Add the sandwich and grill until golden brown and the cheese has melted, about 2-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:61.83, Glycemic Load:15.89, Inflammation Score:-9, Nutrition Score:23.641739171484%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 748.68kcal (37.43%), Fat: 53.07g (81.65%), Saturated Fat: 19.13g (119.56%), Carbohydrates: 35.01g (11.67%), Net Carbohydrates: 31.2g (11.35%), Sugar: 7.73g (8.58%), Cholesterol: 91.67mg (30.56%), Sodium: 1452.51mg (63.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.28g (66.57%), Calcium: 698.31mg (69.83%), Selenium: 35.34µg (50.48%), Phosphorus: 494.1mg (49.41%), Vitamin B12: 2.58µg (42.94%), Vitamin A: 2127.83IU (42.56%), Manganese: 0.81mg (40.28%), Vitamin B2: 0.48mg (28.13%), Zinc: 4.04mg (26.91%), Vitamin K: 20.96µg (19.96%), Vitamin B1: 0.3mg (19.85%), Vitamin B3: 3.79mg (18.94%), Vitamin E: 2.83mg (18.86%), Folate: 69.16µg (17.29%), Iron: 3.01mg (16.74%), Vitamin C: 12.58mg (15.25%), Fiber: 3.81g (15.25%), Magnesium: 55.58mg (13.89%), Potassium: 380.69mg (10.88%), Vitamin B6: 0.18mg (8.84%), Copper: 0.15mg (7.46%), Vitamin B5: 0.7mg (7%), Vitamin D: 0.45µg (3.01%)