



Caprese Melts

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 basil fresh rinsed
- ☐ 4 ounces mozzarella fresh sliced
- ☐ 1 tablespoon olive oil
- ☐ 15 servings salt and pepper
- ☐ 6 slices sourdough bread
- ☐ 2 tomatoes sliced (8 oz. total)

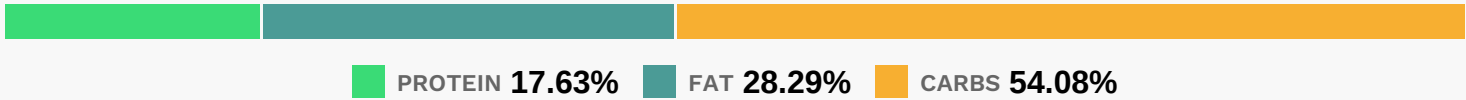
Equipment

- ☐ baking sheet

Directions

- ☐ Brush one side of each bread slice with olive oil.
- ☐ Place 3 slices, oil side down, on a 10- by 15-inch baking sheet and layer evenly with basil leaves, tomato slices, and mozzarella slices.
- ☐ Sprinkle lightly with salt and pepper and top with remaining bread slices, oil side up.
- ☐ Broil sandwiches 6 inches from heat, turning once, until bread is golden brown and cheese is melted, 2 to 3 minutes total.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.37, Glycemic Load:10.46, Inflammation Score:-3, Nutrition Score:4.6430434902077%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 103.61kcal (5.18%), Fat: 3.28g (5.04%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 13.33g (4.85%), Sugar: 1.69g (1.88%), Cholesterol: 5.97mg (1.99%), Sodium: 396.16mg (17.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin B1: 0.19mg (12.68%), Selenium: 8.61µg (12.3%), Folate: 34.75µg (8.69%), Manganese: 0.16mg (8.01%), Vitamin B2: 0.13mg (7.89%), Vitamin B3: 1.34mg (6.71%), Iron: 1.1mg (6.1%), Phosphorus: 57.8mg (5.78%), Calcium: 53.97mg (5.4%), Vitamin A: 208.82IU (4.18%), Vitamin K: 3.87µg (3.69%), Zinc: 0.52mg (3.46%), Fiber: 0.77g (3.07%), Magnesium: 11.77mg (2.94%), Vitamin B12: 0.17µg (2.87%), Vitamin C: 2.32mg (2.81%), Copper: 0.05mg (2.56%), Vitamin B6: 0.04mg (2.2%), Potassium: 75.79mg (2.17%), Vitamin E: 0.29mg (1.96%), Vitamin B5: 0.11mg (1.12%)