



Caprese Sandwich

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

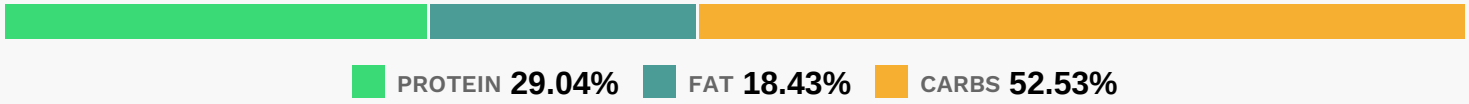
- ☐ 1 Leaves basil fresh
- ☐ 16 oz ciabatta rolls split toasted
- ☐ 4 servings salt and pepper
- ☐ 3 large heirloom tomatoes ripe sliced
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 pound water-packed tuna sliced

Equipment

Directions

- ☐
- Brush cut sides of rolls with oil.
- ☐
- Lay cheese on bottoms of rolls, top with tomato slices, then sprinkle with salt and pepper.
- ☐
- Lay basil leaves over tomatoes. Put tops on sandwiches and cut them in half if you like.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.4, Inflammation Score:-8, Nutrition Score:18.849565309027%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 448.22kcal (22.41%), Fat: 9.13g (14.05%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 58.59g (19.53%), Net Carbohydrates: 55.7g (20.25%), Sugar: 3.59g (3.99%), Cholesterol: 40.82mg (13.61%), Sodium: 1004.75mg (43.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.39g (64.78%), Selenium: 76.88µg (109.84%), Vitamin B3: 12.06mg (60.31%), Vitamin B12: 2.91µg (48.57%), Vitamin A: 1208.28IU (24.17%), Vitamin B6: 0.47mg (23.61%), Vitamin C: 18.72mg (22.69%), Phosphorus: 188.19mg (18.82%), Vitamin K: 15.74µg (14.99%), Potassium: 523.56mg (14.96%), Vitamin E: 2.12mg (14.14%), Iron: 2.31mg (12.82%), Fiber: 2.89g (11.55%), Magnesium: 41.18mg (10.3%), Vitamin D: 1.36µg (9.07%), Manganese: 0.18mg (8.95%), Vitamin B2: 0.12mg (7%), Copper: 0.14mg (6.78%), Zinc: 0.98mg (6.55%), Folate: 25.1µg (6.27%), Vitamin B1: 0.08mg (5.64%), Calcium: 34.47mg (3.45%), Vitamin B5: 0.29mg (2.9%)