



## Caprese Sandwiches

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 8.5 ounce bread french
- 12 fresh basil leaves fresh
- 4 ounces fresh mozzarella cheese fresh cut into 1/4-inch slices
- 16 ounce heirloom tomatoes cut into 1/2-inch slices
- 0.3 teaspoon kosher salt
- 1 tablespoon olive oil

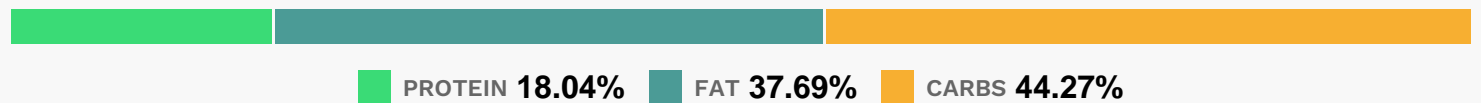
### Equipment

panini press

## Directions

- Preheat panini grill.
- Cut bread pieces in half horizontally.
- Brush uncut sides of halves evenly with oil.
- Layer bottom halves of bread evenly with tomato slices, cheese, and basil leaves.
- Sprinkle with pepper, salt, and, if desired, vinegar. Cover with top halves.
- Place sandwiches on panini grill; cook 2 minutes or until golden brown and cheese melts.
- Cut sandwiches in half, if desired.
- Kids Can Help: Another way to involve kids in cooking is to take them shopping with you. When it's tomato season, most farmers' markets have an amazing selection.
- Let your kids smell and touch the tomatoes before asking them to choose their favorites. Chances are greater that they'll eat them when they've been a part of the process!

## Nutrition Facts



## Properties

Glycemic Index:56.42, Glycemic Load:16.74, Inflammation Score:0, Nutrition Score:15.783478187478%

## Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 302.37kcal (15.12%), Fat: 12.81g (19.7%), Saturated Fat: 4.67g (29.17%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 29.99g (10.9%), Sugar: 6.73g (7.48%), Cholesterol: 22.4mg (7.47%), Sodium: 613.88mg (26.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.59%), Manganese: 0.9mg (45.1%), Selenium: 22.19µg (31.69%), Vitamin A: 1202.12IU (24.04%), Calcium: 233.16mg (23.32%), Phosphorus: 206.35mg (20.64%), Vitamin B3: 4.08mg (20.42%), Vitamin B1: 0.3mg (19.92%), Vitamin C: 15.87mg (19.24%), Vitamin K: 20.06µg (19.1%), Folate: 71.06µg (17.76%), Fiber: 3.85g (15.41%), Vitamin B2: 0.25mg (15%), Iron: 2.68mg (14.9%), Zinc: 1.66mg (11.07%), Magnesium: 44.04mg (11.01%), Potassium: 382.17mg (10.92%), Vitamin B12: 0.65µg (10.77%), Vitamin E: 1.3mg

(8.65%), Vitamin B6: 0.17mg (8.53%), Copper: 0.17mg (8.36%), Vitamin B5: 0.64mg (6.41%)