



Caprese Sandwiches

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8.5 ounce bread french
- ☐ 12 basil fresh
- ☐ 4 ounces mozzarella 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

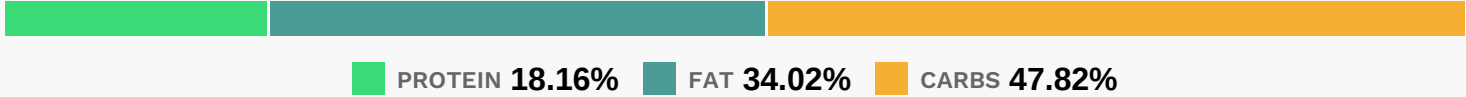
Equipment

☐ 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:61.88, Glycemic Load:25.47, Inflammation Score:-8, Nutrition Score:15.130000041879%

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: 301.16kcal (15.06%), Fat: 11.54g (17.75%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 36.49g (12.16%), Net Carbohydrates: 33.72g (12.26%), Sugar: 6.06g (6.74%), Cholesterol: 22.4mg (7.47%), Sodium: 691.59mg (30.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.71%), Vitamin B1: 0.48mg (31.92%), Selenium: 22.07µg (31.52%), Manganese: 0.5mg (24.97%), Vitamin A: 1200.92IU (24.02%), Folate: 93.95µg (23.49%), Vitamin B2: 0.36mg (21.2%), Phosphorus: 191.89mg (19.19%), Vitamin C: 15.75mg (19.09%), Calcium: 189.19mg (18.92%), Vitamin B3: 3.62mg (18.1%), Vitamin K: 17.53µg (16.69%), Iron: 2.87mg (15.94%), Zinc: 1.66mg (11.07%), Fiber: 2.77g (11.07%), Vitamin B12: 0.65µg (10.77%), Potassium: 367.71mg (10.51%), Magnesium: 38.62mg

(9.66%), Vitamin E: 1.31mg (8.73%), Copper: 0.17mg (8.48%), Vitamin B6: 0.17mg (8.41%), Vitamin B5: 0.35mg (3.48%)