



Easy Italian Vegetable Focaccia Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 flour
- 8 ounces mozzarella cheese shredded
- 2 cups marinated artichoke italian drained coarsely chopped

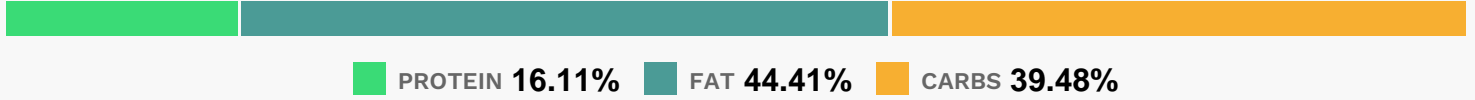
Equipment

Directions

- Sprinkle bottom half of focaccia with 1 cup of the cheese.

- Spread vegetables over cheese.
- Sprinkle with remaining cheese.
- Top with top of bread.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:12.58, Inflammation Score:-6, Nutrition Score:5.5773913056954%

Nutrients (% of daily need)

Calories: 359.08kcal (17.95%), Fat: 17.67g (27.19%), Saturated Fat: 5.64g (35.24%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 32.95g (11.98%), Sugar: 2.13g (2.37%), Cholesterol: 29.86mg (9.95%), Sodium: 845.46mg (36.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.43g (28.85%), Calcium: 204.22mg (20.42%), Vitamin A: 922.19IU (18.44%), Vitamin C: 14mg (16.97%), Vitamin B12: 0.86µg (14.36%), Phosphorus: 133.81mg (13.38%), Fiber: 2.41g (9.63%), Selenium: 6.43µg (9.18%), Zinc: 1.1mg (7.36%), Vitamin B2: 0.11mg (6.29%), Iron: 0.65mg (3.59%), Magnesium: 7.56mg (1.89%), Vitamin D: 0.15µg (1.01%)