



Feta-Basil Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

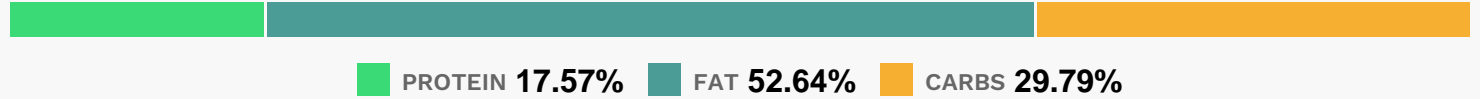
- 0.3 teaspoon pepper black freshly ground
- 0.3 cup mayonnaise fat-free
- 4 ounces feta cheese crumbled
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 2 inch tomatoes
- 1.5 ounce sandwich bread white hearty firm toasted (such as Pepperidge Farm)

Equipment

Directions

- Combine first 4 ingredients, tossing with a fork until well combined.
- Spread about 2 1/2 tablespoons cheese mixture onto each of 4 bread slices; top each sandwich with 2 tomato slices and 1 bread slice.

Nutrition Facts



Properties

Glycemic Index:77.94, Glycemic Load:4.08, Inflammation Score:-2, Nutrition Score:5.969130427941%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 117.19kcal (5.86%), Fat: 6.89g (10.6%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 8.16g (2.97%), Sugar: 2.1g (2.33%), Cholesterol: 26.53mg (8.84%), Sodium: 487.87mg (21.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.35%), Calcium: 169.05mg (16.91%), Vitamin K: 16.85µg (16.05%), Vitamin B2: 0.27mg (15.86%), Phosphorus: 110.46mg (11.05%), Selenium: 6.78µg (9.68%), Vitamin B12: 0.48µg (7.99%), Vitamin B6: 0.14mg (6.8%), Vitamin B1: 0.1mg (6.61%), Zinc: 0.95mg (6.3%), Manganese: 0.13mg (6.29%), Vitamin A: 289.25IU (5.79%), Folate: 23.12µg (5.78%), Vitamin B3: 0.82mg (4.12%), Iron: 0.67mg (3.72%), Vitamin B5: 0.34mg (3.4%), Magnesium: 10.82mg (2.7%), Fiber: 0.61g (2.45%), Copper: 0.04mg (1.96%), Potassium: 50.61mg (1.45%)