



Focaccia Pastrami Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

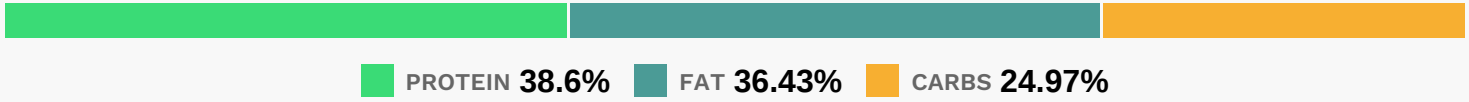
- ☐ 3 tablespoons mayonnaise fat-free
- ☐ 8 inch round focaccia loaf (9 ounces)
- ☐ 0.8 cup bottled roasted bell peppers red sliced
- ☐ 2 tablespoons mustard stone-ground
- ☐ 1.5 cups watercress trimmed
- ☐ 8 ounces turkey pastrami

Equipment

Directions

- ☐ Combine mayonnaise and mustard.
- ☐ Cut loaf in half horizontally, and spread mayonnaise mixture evenly over cut sides of bread. Arrange watercress, peppers, and pastrami over bottom half of loaf; top with remaining half.
- ☐ Cut loaf into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:8.8608696719874%

Flavonoids

Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 109.21kcal (5.46%), Fat: 4.42g (6.79%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 5.77g (2.1%), Sugar: 3.2g (3.55%), Cholesterol: 39.5mg (13.17%), Sodium: 1195.97mg (52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.06%), Vitamin K: 34.58µg (32.93%), Vitamin C: 22.31mg (27.04%), Selenium: 11.9µg (17.01%), Iron: 2.75mg (15.27%), Phosphorus: 134.92mg (13.49%), Vitamin A: 562.29IU (11.25%), Vitamin B6: 0.22mg (11.07%), Vitamin B3: 2.21mg (11.06%), Vitamin B2: 0.17mg (10.08%), Zinc: 1.34mg (8.93%), Potassium: 292.41mg (8.35%), Manganese: 0.11mg (5.7%), Magnesium: 17.31mg (4.33%), Vitamin B1: 0.06mg (4.23%), Fiber: 1.05g (4.19%), Vitamin B5: 0.4mg (4.01%), Copper: 0.08mg (4%), Calcium: 37.65mg (3.77%), Vitamin B12: 0.14µg (2.27%), Folate: 8.71µg (2.18%), Vitamin E: 0.28mg (1.88%)