



Grilled Caprese Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 large basil
- 16 large basil
- 11 oz bread italian
- 2 large garlic clove halved
- 2 heirloom tomatoes ripe thinly sliced
- 0.5 tsp kosher salt
- 6 oz mozzarella cheese
- 1 tablespoon olive oil

- 0.5 tsp pepper
- 0.5 cup roasted peppers red thinly sliced

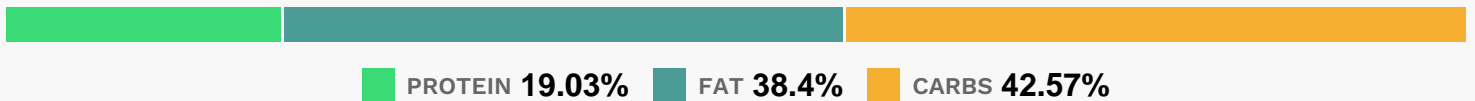
Equipment

- frying pan

Directions

- Rub a side of each slice of bread with a cut side of garlic and brush with oil.
- Layer the plain side of half the bread with cheese, tomatoes, and peppers, dividing evenly. Top with remaining bread, garlic side up.
- Cook 2 sandwiches at a time in a large frying pan over medium-low heat, covered, turning sandwiches once, until golden brown and cheese is melted, 6 minutes.
- Tuck 4 slices basil into each sandwich.
- Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:81.42, Glycemic Load:20.97, Inflammation Score:-7, Nutrition Score:19.276521843413%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 389.95kcal (19.5%), Fat: 16.75g (25.77%), Saturated Fat: 6.65g (41.57%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 37.57g (13.66%), Sugar: 6.55g (7.28%), Cholesterol: 33.59mg (11.2%), Sodium: 1169.22mg (50.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.67g (37.35%), Manganese: 1.13mg (56.73%), Selenium: 29.97µg (42.81%), Calcium: 335.23mg (33.52%), Phosphorus: 273.85mg (27.38%), Vitamin B3: 4.91mg (24.53%), Vitamin B1: 0.36mg (24.31%), Vitamin K: 25.48µg (24.27%), Vitamin C: 17.76mg (21.53%), Vitamin A: 1062.62IU (21.25%), Folate: 83.53µg (20.88%), Vitamin B2: 0.34mg (19.9%), Iron: 3.47mg (19.29%), Fiber: 4.21g (16.85%), Vitamin B12: 0.97µg (16.16%), Zinc: 2.24mg (14.9%), Magnesium: 52.02mg (13%), Vitamin B6: 0.21mg (10.35%), Copper: 0.2mg (9.97%), Potassium: 332.42mg (9.5%), Vitamin B5: 0.78mg (7.8%), Vitamin E: 1.09mg

(7.3%), Vitamin D: 0.17 μ g (1.13%)