



Grilled Caprese Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 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

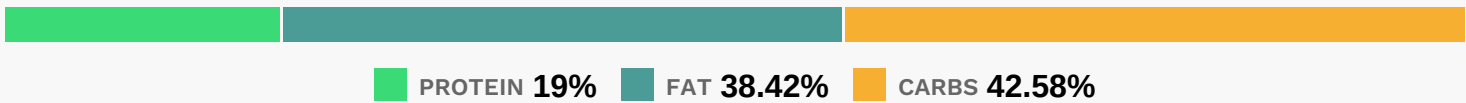
Equipment

☐ 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:63.92, Glycemic Load:20.96, Inflammation Score:-7, Nutrition Score:18.775652341221%

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: 389.58kcal (19.48%), Fat: 16.74g (25.75%), Saturated Fat: 6.65g (41.56%), Carbohydrates: 41.74g (13.91%), Net Carbohydrates: 37.55g (13.65%), Sugar: 6.54g (7.27%), Cholesterol: 33.59mg (11.2%), Sodium: 1169.16mg (50.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.24%), Manganese: 1.12mg (55.81%), Selenium: 29.97µg (42.81%), Calcium: 332.39mg (33.24%), Phosphorus: 272.95mg (27.3%), Vitamin B3: 4.89mg (24.46%), Vitamin B1: 0.36mg (24.27%), Vitamin C: 17.47mg (21.18%), Folate: 82.44µg (20.61%), Vitamin B2: 0.34mg (19.83%), Vitamin A: 978.22IU (19.56%), Iron: 3.42mg (19.01%), Vitamin K: 18.84µg (17.94%), Fiber: 4.19g (16.75%), Vitamin B12: 0.97µg (16.16%), Zinc: 2.22mg (14.82%), Magnesium: 50.99mg (12.75%), Vitamin B6: 0.2mg (10.22%), Copper: 0.19mg (9.66%), Potassium: 327.7mg (9.36%), Vitamin B5: 0.78mg (7.76%), Vitamin E: 1.08mg (7.21%), Vitamin D: 0.17µg (1.13%)