



Grilled Fresh Mozzarella and Apricot on Sourdough

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter softened
- 2 firm-ripe juicy pitted sliced thin
- 4 slices mozzarella cheese fresh
- 4 slices sourdough bread
- 1 tablespoon sugar mixed with 1 tsp. cinnamon

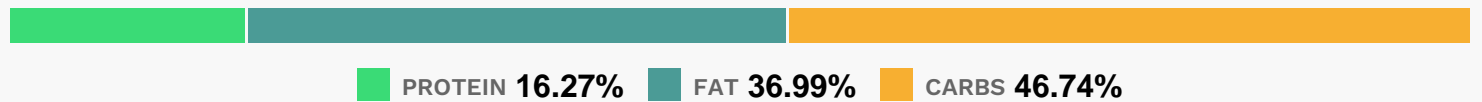
Equipment

- frying pan

Directions

- Butter one side of each bread slice. Flip 2 slices over and top with apricots, dividing evenly.
- Sprinkle with cinnamon sugar to taste. Top with mozzarella and remaining bread slices, buttered sides up.
- Cook sandwiches in a large frying pan over medium heat, turning once, until golden and crisp on both sides, about 8 minutes total.

Nutrition Facts



Properties

Glycemic Index:13.46, Glycemic Load:5.71, Inflammation Score:-2, Nutrition Score:2.3099999881309%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 65.84kcal (3.29%), Fat: 2.73g (4.2%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 7.4g (2.69%), Sugar: 1.57g (1.75%), Cholesterol: 7.49mg (2.5%), Sodium: 121.63mg (5.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Selenium: 4.65µg (6.64%), Vitamin B1: 0.09mg (6.25%), Vitamin B2: 0.07mg (4.28%), Folate: 16.5µg (4.12%), Calcium: 36.07mg (3.61%), Manganese: 0.07mg (3.57%), Phosphorus: 34.64mg (3.46%), Vitamin B3: 0.64mg (3.22%), Iron: 0.54mg (3%), Vitamin A: 140.7IU (2.81%), Vitamin B12: 0.13µg (2.19%), Zinc: 0.31mg (2.05%), Fiber: 0.35g (1.41%), Magnesium: 5.61mg (1.4%), Copper: 0.02mg (1.14%)