



Grilled Goat Cheese and Roasted Red Pepper Pesto Sandwich

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



1

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices bread lightly toasted ()
- 1 tablespoon butter room temperature ()
- 2 tablespoons goat cheese room temperature ()
- 2 tablespoons roasted pepper pesto red

Equipment

- grill

Directions

- Assemble sandwich and grill until the cheese has melted and the bread is golden brown on both sides, about 2–4 minutes per side.

Nutrition Facts

PROTEIN 13.73% **FAT 53.24%** **CARBS 33.03%**

Properties

Glycemic Index:108.67, Glycemic Load:14.3, Inflammation Score:-6, Nutrition Score:11.774782543597%

Nutrients (% of daily need)

Calories: 333.06kcal (16.65%), Fat: 19.88g (30.59%), Saturated Fat: 11.68g (73%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 25.17g (9.15%), Sugar: 3.47g (3.85%), Cholesterol: 42.98mg (14.33%), Sodium: 862.8mg (37.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.07%), Manganese: 0.74mg (37.14%), Selenium: 17.14µg (24.49%), Vitamin B1: 0.26mg (17.19%), Vitamin B3: 3.42mg (17.1%), Vitamin C: 13.86mg (16.8%), Copper: 0.33mg (16.31%), Vitamin A: 794IU (15.88%), Iron: 2.79mg (15.49%), Vitamin B2: 0.26mg (15.36%), Phosphorus: 153.19mg (15.32%), Folate: 56.11µg (14.03%), Calcium: 124.69mg (12.47%), Fiber: 2.59g (10.38%), Vitamin B6: 0.19mg (9.26%), Magnesium: 30.97mg (7.74%), Vitamin B5: 0.68mg (6.76%), Zinc: 0.91mg (6.04%), Vitamin K: 4.23µg (4.03%), Potassium: 132.78mg (3.79%), Vitamin E: 0.48mg (3.21%), Vitamin B12: 0.08µg (1.28%)