



Grilled Tomato and Brie Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups d baby arugula and spinach greens (such as Dole)
- 2 inch beefsteak tomatoes
- 4 ounces brie cheese thinly sliced
- 2 teaspoons dijon mustard country-style
- 1 garlic clove halved
- 1 ounce whole-grain bread 100% (1/)
- 1 teaspoon olive oil

Equipment

grill

Directions

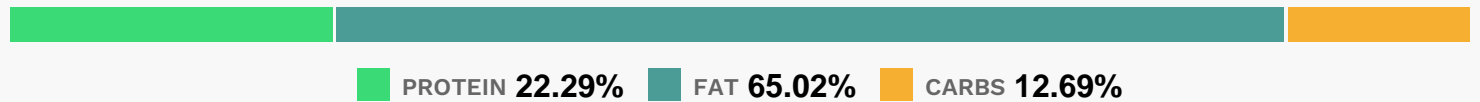
Prepare grill to high heat.

Brush one side of each bread slice with oil; rub cut sides of garlic over oil.

Spread 1/2 teaspoon mustard on each of 4 bread slices, oil side down. Top each bread slice with 1 ounce cheese, 1/3 cup greens, and 2 tomato slices. Top each with remaining 4 bread slices, oil side up.

Place sandwiches on grill rack coated with cooking spray; grill 2 minutes on each side or until lightly toasted and cheese melts.

Nutrition Facts



Properties

Glycemic Index:49.17, Glycemic Load:1.96, Inflammation Score:-3, Nutrition Score:4.6752173978349%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 126.53kcal (6.33%), Fat: 9.2g (14.16%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.48g (1.26%), Sugar: 0.52g (0.57%), Cholesterol: 28.35mg (9.45%), Sodium: 241.39mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.2%), Manganese: 0.2mg (10.25%), Selenium: 6.95µg (9.93%), Vitamin B2: 0.17mg (9.92%), Vitamin B12: 0.47µg (7.8%), Phosphorus: 77.67mg (7.77%), Calcium: 68.52mg (6.85%), Folate: 26.73µg (6.68%), Vitamin A: 331.93IU (6.64%), Zinc: 0.85mg (5.7%), Vitamin B6: 0.1mg (5.23%), Vitamin C: 3.51mg (4.26%), Vitamin B1: 0.06mg (3.88%), Magnesium: 14.12mg (3.53%), Vitamin B5: 0.27mg (2.73%), Potassium: 93.52mg (2.67%), Vitamin B3: 0.52mg (2.61%), Iron: 0.47mg (2.6%), Fiber: 0.56g (2.25%), Vitamin K: 1.96µg (1.86%), Vitamin E: 0.27mg (1.78%), Copper: 0.03mg (1.65%)