



Guy Cooks With Kids: Duncan's Pesto and Mozzarella Sandwich

READY IN



15 min.

SERVINGS



1

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices beefsteak tomatoes red
- ☐ 2 tablespoons pesto green homemade jarred or
- ☐ 4 slices mozzarella cheese divided deli-sized slices
- ☐ 2 slices pancetta
- ☐ 2 tablespoons pesto red homemade jarred or
- ☐ 2 pieces sourdough sandwich bread white

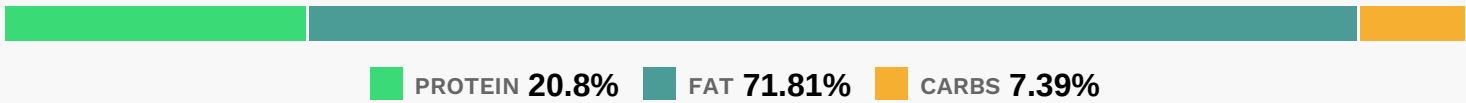
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula
- ☐ butter knife

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl, mix the pestos together thoroughly with a fork until combined. Spoon 1 tablespoon of the pesto mixture on 1 side of both pieces of the bread and spread evenly with a butter knife.
- ☐ Preheat a griddle or nonstick pan over medium heat.
- ☐ Place the slices of prosciutto flat on the griddle to heat through and until slightly brown at the edges.
- ☐ Place 2 slices mozzarella on 1 of the slices of pesto bread. Top with the tomato slices, the cooked prosciutto and the remaining 2 slices mozzarella. Finish by topping with the other slice of bread, pesto side down.
- ☐ Spray the sandwich on 1 side with the olive oil spray. With a spatula, place the sandwich, sprayed side down, on the griddle. When sandwich is on the griddle, spray the other side.
- ☐ When the cheese begins to melt on 1 side, use the spatula to flip the sandwich. Cook about 5 minutes on the other side.

Nutrition Facts



Properties

Glycemic Index:145.5, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:13.805217354194%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 577.1kcal (28.85%), Fat: 45.71g (70.33%), Saturated Fat: 19.68g (123.03%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 9.07g (3.3%), Sugar: 4.7g (5.22%), Cholesterol: 104.89mg (34.96%), Sodium: 1384.91mg (60.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.79g (59.58%), Calcium: 651.81mg (65.18%), Vitamin B12: 2.66µg (44.4%), Phosphorus: 427.06mg (42.71%), Selenium: 23.05µg (32.94%), Vitamin A: 1595.34IU (31.91%), Zinc: 3.52mg (23.49%), Vitamin B2: 0.34mg (20.16%), Iron: 1.17mg (6.51%), Magnesium: 25.56mg (6.39%), Vitamin B1: 0.09mg (6.23%), Fiber: 1.52g (6.08%), Vitamin B6: 0.09mg (4.45%), Vitamin B3: 0.88mg (4.38%), Potassium: 127.26mg (3.64%), Vitamin D: 0.52µg (3.45%), Vitamin K: 2.86µg (2.72%), Folate: 10.84µg (2.71%), Vitamin B5: 0.26mg (2.58%), Manganese: 0.05mg (2.48%), Vitamin E: 0.3mg (2.03%), Vitamin C: 1.55mg (1.88%), Copper: 0.02mg (1.2%)