



Italian Vegetable Focaccia Sandwich

READY IN



10 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bread
- ☐ 2 cups deli honey ham italian drained coarsely chopped
- ☐ 8 ounces mozzarella cheese shredded

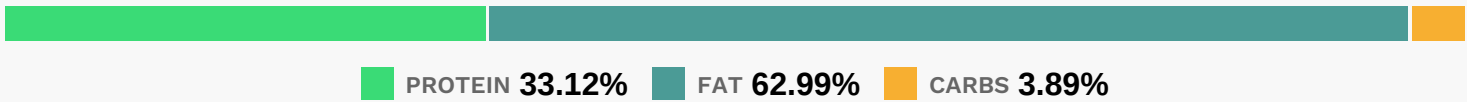
Equipment

Directions

- ☐ Sprinkle bottom half of focaccia with 1 cup of the cheese.
- ☐ Spread vegetables over cheese.

- ☐ Sprinkle with remaining cheese.
- ☐ Top with top of bread.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:14.28, Glycemic Load:1.41, Inflammation Score:-2, Nutrition Score:11.481304293498%

Nutrients (% of daily need)

Calories: 317.82kcal (15.89%), Fat: 21.88g (33.67%), Saturated Fat: 9.72g (60.75%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.86g (1.04%), Sugar: 0.66g (0.73%), Cholesterol: 78.76mg (26.25%), Sodium: 1195.18mg (51.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.89g (51.78%), Selenium: 25.67µg (36.67%), Vitamin B1: 0.5mg (33.63%), Phosphorus: 308.6mg (30.86%), Vitamin B12: 1.37µg (22.78%), Calcium: 202.24mg (20.22%), Zinc: 2.98mg (19.88%), Vitamin B3: 3.82mg (19.09%), Vitamin B2: 0.29mg (17.24%), Vitamin B6: 0.32mg (15.94%), Potassium: 260.85mg (7.45%), Magnesium: 24.46mg (6.11%), Iron: 1.02mg (5.67%), Vitamin A: 255.62IU (5.11%), Vitamin D: 0.7µg (4.69%), Vitamin B5: 0.45mg (4.52%), Manganese: 0.08mg (3.9%), Copper: 0.08mg (3.83%), Vitamin E: 0.36mg (2.43%), Folate: 8.98µg (2.24%), Vitamin K: 1.1µg (1.05%)