



Kansas Tomato Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

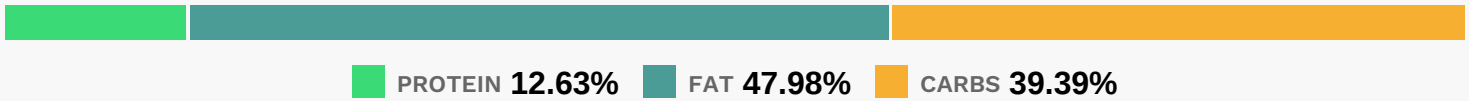
- ☐ 1 slice processed cheese food white
- ☐ 2 teaspoons butter
- ☐ 1 romaine leaves
- ☐ 1 serving salt and pepper to taste
- ☐ 1 medium tomatoes sliced
- ☐ 2 slices bread white

Equipment

Directions

- ☐ Toast the bread slices to your desired darkness. When done, spread lightly with butter or margarine.
- ☐ Place a slice of tomato on the buttered side of one slice, and top with a slice of cheese. Season to taste with salt and pepper and place a slice of lettuce on if desired. Top with the remaining slice of bread. Enjoy!

Nutrition Facts



Properties

Glycemic Index:139.78, Glycemic Load:19, Inflammation Score:-9, Nutrition Score:16.147391498089%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 310.55kcal (15.53%), Fat: 16.77g (25.8%), Saturated Fat: 5.91g (36.92%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 28.11g (10.22%), Sugar: 6.62g (7.36%), Cholesterol: 21mg (7%), Sodium: 890.37mg (38.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.87%), Vitamin A: 3358.2IU (67.16%), Calcium: 349.01mg (34.9%), Manganese: 0.52mg (25.87%), Vitamin C: 21.19mg (25.69%), Phosphorus: 229.89mg (22.99%), Selenium: 15.99µg (22.84%), Vitamin B1: 0.33mg (21.81%), Folate: 84.85µg (21.21%), Vitamin B3: 3.22mg (16.12%), Iron: 2.36mg (13.12%), Vitamin B2: 0.22mg (12.95%), Potassium: 428.53mg (12.24%), Fiber: 2.87g (11.46%), Vitamin K: 10.36µg (9.87%), Vitamin B6: 0.18mg (9.03%), Magnesium: 35.92mg (8.98%), Vitamin E: 1.32mg (8.83%), Zinc: 1.22mg (8.14%), Copper: 0.14mg (7.22%), Vitamin B12: 0.32µg (5.42%), Vitamin B5: 0.47mg (4.7%)