



## Mama's Best Broiled Tomato Sandwich

READY IN



15 min.

SERVINGS



2

CALORIES



511 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 4 slices bread lightly toasted
- ☐ 0.5 teaspoon parsley dried
- ☐ 3 tablespoons mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 3 tablespoons parmesan cheese divided grated
- ☐ 4 tomatoes ripe sliced

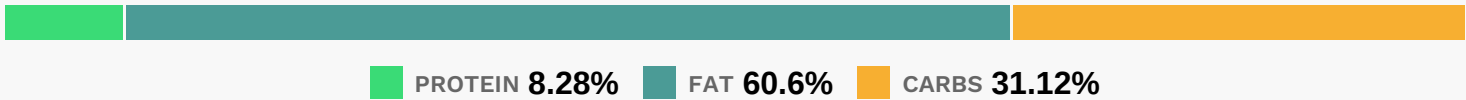
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

# Directions

- ☐ Preheat oven to broil.
- ☐ In a shallow bowl, whisk together the olive oil and vinegar. Marinate the tomatoes in the mixture, stirring occasionally.
- ☐ Meanwhile, in a small bowl, combine mayonnaise, parsley, oregano, black pepper and 4 teaspoons Parmesan cheese.
- ☐ Spread mixture on each slice of toasted bread.
- ☐ Place marinated tomatoes on 2 slices and sprinkle with remaining Parmesan cheese.
- ☐ Place on a baking sheet and broil for 5 minutes, or until cheese turns golden brown.
- ☐ Serve immediately, open faced or closed.

# Nutrition Facts



# Properties

Glycemic Index:116.83, Glycemic Load:18.26, Inflammation Score:-9, Nutrition Score:21.206956303638%

# Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

# Nutrients (% of daily need)

Calories: 511.3kcal (25.56%), Fat: 34.86g (53.63%), Saturated Fat: 6.02g (37.62%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 34.92g (12.7%), Sugar: 12.21g (13.57%), Cholesterol: 15.35mg (5.11%), Sodium: 545.97mg (23.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.42%), Vitamin K: 67.27µg (64.06%), Manganese: 1.02mg (51.18%), Vitamin A: 2134.93IU (42.7%), Vitamin C: 33.85mg (41.03%), Vitamin E: 4.23mg (28.19%), Selenium: 19.26µg (27.52%), Vitamin B3: 4.61mg (23.07%), Vitamin B1: 0.33mg (21.74%), Folate: 86.68µg (21.67%), Fiber: 5.37g (21.47%), Potassium: 705.18mg (20.15%), Phosphorus: 187.15mg (18.72%), Calcium: 172.43mg (17.24%), Iron: 3.07mg (17.07%), Magnesium: 55.98mg (13.99%), Vitamin B6: 0.27mg (13.51%), Vitamin B2: 0.22mg (12.95%), Copper: 0.24mg (12.21%), Zinc: 1.38mg (9.2%), Vitamin B5: 0.74mg (7.45%), Vitamin B12: 0.13µg (2.11%)