



Marinated Grilled Vegetable Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

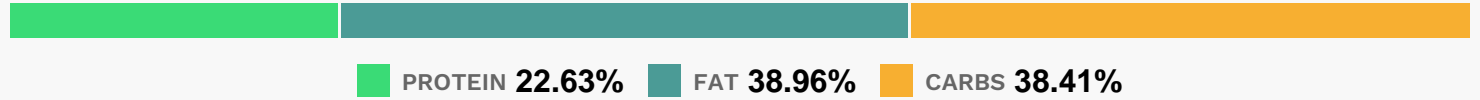
- 1 lb pane francese bread plain thick ()
- 1 pound chèvre cheese fresh thinly sliced (goat)
- 4 servings marinated grilled vegetables
- 4 servings salt and pepper
- 1 ounces watercress sprigs rinsed

Equipment

Directions

- Cut focaccia into 4 equal pieces, then split each piece in half horizontally.
- Lay arugula evenly over cut sides of focaccia bottoms. Arrange cheese slices evenly over arugula. Top equally with grilled vegetables and moisten with some of the marinade.
- Add salt and pepper to taste, and cover with focaccia tops.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:33.5, Inflammation Score:-10, Nutrition Score:35.008260685465%

Flavonoids

Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 709.92kcal (35.5%), Fat: 30.96g (47.63%), Saturated Fat: 15.8g (98.72%), Carbohydrates: 68.69g (22.9%), Net Carbohydrates: 60.48g (21.99%), Sugar: 7.68g (8.53%), Cholesterol: 89.58mg (29.86%), Sodium: 1486.84mg (64.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.47g (80.93%), Vitamin A: 5615.98IU (112.32%), Manganese: 1.63mg (81.28%), Selenium: 52.36µg (74.81%), Calcium: 745.78mg (74.58%), Phosphorus: 605.66mg (60.57%), Vitamin B12: 2.59µg (43.09%), Vitamin B1: 0.62mg (41.17%), Vitamin B2: 0.69mg (40.74%), Vitamin B3: 7.61mg (38.05%), Fiber: 8.21g (32.85%), Folate: 131.35µg (32.84%), Zinc: 4.91mg (32.72%), Iron: 5.46mg (30.34%), Vitamin K: 25.88µg (24.65%), Magnesium: 92.51mg (23.13%), Vitamin C: 12.74mg (15.44%), Copper: 0.27mg (13.53%), Vitamin B6: 0.26mg (13.22%), Potassium: 462.42mg (13.21%), Vitamin B5: 1.26mg (12.6%), Vitamin E: 0.5mg (3.35%), Vitamin D: 0.45µg (3.02%)