



Mediterranean Goat-Cheese Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup arugula fresh trimmed
- ☐ 1 teaspoon balsamic vinegar
- ☐ 6 basil leaves thinly sliced
- ☐ 0.5 teaspoon capers chopped
- ☐ 8 ounce bread french
- ☐ 2 ounces goat cheese
- ☐ 1 tablespoon olive paste (such as Oliva da Sanremo)
- ☐ 0.5 teaspoon olive oil
- ☐ 0.1 teaspoon pepper freshly ground

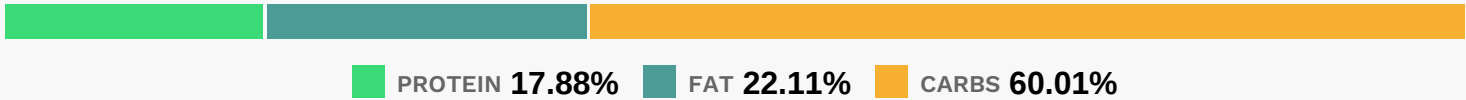
- ☐ 0.5 inch onion red separated
- ☐ 0.5 inch tomatoes

Equipment

Directions

- ☐ Slice the loaf in half lengthwise.
- ☐ Spread the goat cheese evenly over cut side of bottom half of loaf, and spread the olive paste evenly over goat cheese.
- ☐ Arrange arugula, onion rings, tomato slices, basil, and chopped capers on top.
- ☐ Drizzle with vinegar and olive oil.
- ☐ Sprinkle with pepper. Replace with the top half of the loaf.
- ☐ Cut crosswise into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:82.38, Glycemic Load:22.85, Inflammation Score:-5, Nutrition Score:8.9330434617789%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 198.95kcal (9.95%), Fat: 4.9g (7.54%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 28.56g (10.39%), Sugar: 3.06g (3.4%), Cholesterol: 6.52mg (2.17%), Sodium: 402.13mg (17.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.84%), Vitamin B1: 0.42mg (27.68%), Selenium: 16.64µg (23.77%), Folate: 76.87µg (19.22%), Vitamin B2: 0.3mg (17.73%), Manganese: 0.34mg (17.24%), Iron: 2.6mg (14.45%), Vitamin B3: 2.82mg (14.1%), Phosphorus: 99.29mg (9.93%), Copper: 0.2mg (9.92%), Vitamin K: 9.08µg (8.65%), Vitamin A: 300.06IU (6%), Calcium: 59.21mg (5.92%), Magnesium: 23.55mg (5.89%), Fiber: 1.37g (5.48%), Vitamin B6: 0.1mg (5.08%), Zinc: 0.75mg (5.01%), Vitamin B5: 0.31mg (3.1%), Potassium: 93.79mg (2.68%), Vitamin E: 0.25mg (1.65%), Vitamin C: 0.94mg (1.13%)