



Mozzarella and Pepper Cooler-Pressed Sandwiches

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18.5 inch crusty baguette sliced lengthwise thin
- ☐ 6 ounce mozzarella fresh undrained in oil (or)
- ☐ 1 pinch pepper flakes for kids (optional)
- ☐ 1 tablespoon flat parsley fresh italian roughly chopped chopped for kids (optional)
- ☐ 5 ounce roasted peppers red drained roughly chopped

Equipment

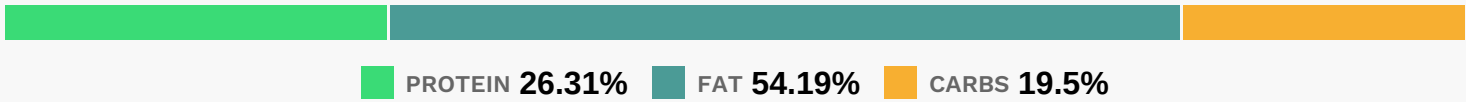
- ☐ bowl

☐ aluminum foil

Directions

- ☐ In a medium bowl, combine the first four ingredients (including the bocconcini's or mozzarella's marinade).
- ☐ Fill the baguette with the mixture.
- ☐ Close the baguette and wrap it tightly in waxed paper, then in aluminum foil.
- ☐ Place the sandwich at the bottom of the cooler so the weight of the other contents compresses the sandwich and allows the juices to soak into the bread.

Nutrition Facts



Properties

Glycemic Index:43.94, Glycemic Load:4.15, Inflammation Score:-5, Nutrition Score:8.1965217149776%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 164.84kcal (8.24%), Fat: 9.94g (15.29%), Saturated Fat: 5.67g (35.46%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.34g (2.67%), Sugar: 1.01g (1.12%), Cholesterol: 33.59mg (11.2%), Sodium: 824.94mg (35.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.86g (21.72%), Calcium: 243.03mg (24.3%), Vitamin C: 18.17mg (22.02%), Phosphorus: 169.47mg (16.95%), Vitamin K: 17.77µg (16.92%), Vitamin B12: 0.97µg (16.16%), Selenium: 9.36µg (13.37%), Vitamin A: 558.36IU (11.17%), Vitamin B2: 0.17mg (9.99%), Zinc: 1.41mg (9.4%), Manganese: 0.13mg (6.3%), Vitamin B1: 0.09mg (6.07%), Folate: 22.79µg (5.7%), Iron: 0.94mg (5.22%), Vitamin B6: 0.09mg (4.66%), Magnesium: 16.01mg (4%), Vitamin B3: 0.79mg (3.94%), Copper: 0.07mg (3.34%), Potassium: 104.97mg (3%), Fiber: 0.71g (2.83%), Vitamin B5: 0.12mg (1.22%), Vitamin D: 0.17µg (1.13%)