



Nan's Grilled Mozzarella and Olive Sandwich

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound mozzarella cheese fresh thinly sliced
- ☐ 4 slices mild sourdough
- ☐ 0.3 cup olive tapenade green black drained
- ☐ 0.5 teaspoon orange zest
- ☐ 0.3 teaspoon chile flakes red
- ☐ 2 tablespoons butter unsalted at room temperature

Equipment

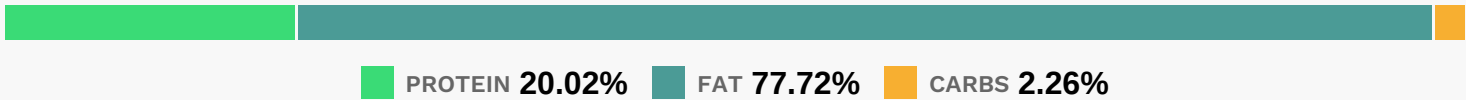
- ☐ bowl

☐ frying pan

Directions

- ☐ Mix tapenade with orange zest and chile flakes in a small bowl.
- ☐ Layer mozzarella with tapenade on 2 bread slices. Top with remaining slices.
- ☐ Butter outsides of each sandwich.
- ☐ Heat a large well-seasoned cast-iron skillet or a large, heavy nonstick pan over medium heat for a minute.
- ☐ Place sandwiches in skillet and cook until golden-brown underneath, 5 to 7 minutes. Flip and cook the other side until it's just as toasty. Low and slow is the key. Cheese will probably ooze out, but that's okay. It gives the sandwiches a nice crunchy fringe.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.4069565194456%

Nutrients (% of daily need)

Calories: 54.72kcal (2.74%), Fat: 4.75g (7.31%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 0.31g (0.1%), Net Carbohydrates: 0.29g (0.11%), Sugar: 0.1g (0.11%), Cholesterol: 14.52mg (4.84%), Sodium: 77.8mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Calcium: 70.89mg (7.09%), Phosphorus: 48.09mg (4.81%), Vitamin B12: 0.22µg (3.73%), Selenium: 2.59µg (3.71%), Vitamin A: 153.34IU (3.07%), Zinc: 0.39mg (2.6%), Vitamin B2: 0.04mg (2.49%)