



Open-face Caprese Sandwiches

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 16 medium basil
- ☐ 4 servings pepper black freshly ground
- ☐ 8 slices bread crumbs italian thick ()
- ☐ 1 pound mozzarella fresh sliced
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons olive oil divided
- ☐ 4 servings sea salt

☐ 3 medium tomatoes ripe sliced

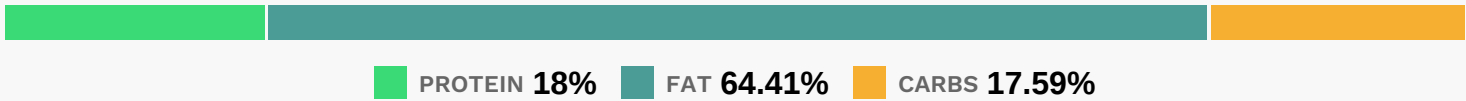
Equipment

☐ grill

Directions

- ☐ Prepare a grill for medium heat (350 to 450).
- ☐ Combine 1 tbsp. oil and the garlic and brush onto 1 side of bread.
- ☐ Lay bread oiled side down on grill and cook until slightly toasted, about 2 minutes. Turn bread over, lay tomato slices on bread to fit, overlapping if needed, then lay cheese slices over tomatoes. Cover grill and cook until cheese starts to melt, about 4 minutes.
- ☐ Transfer sandwiches to a platter. Put 2 basil leaves over each sandwich and drizzle with remaining 1 tbsp. oil and the vinegar.
- ☐ Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:2.39, Inflammation Score:-8, Nutrition Score:17.411304276922%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 650.66kcal (32.53%), Fat: 46.67g (71.79%), Saturated Fat: 23.59g (147.43%), Carbohydrates: 28.67g (9.56%), Net Carbohydrates: 26.1g (9.49%), Sugar: 17.16g (19.07%), Cholesterol: 89.58mg (29.86%), Sodium: 1060mg (46.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.68%), Calcium: 588.87mg (58.89%), Phosphorus: 442.09mg (44.21%), Vitamin B12: 2.59µg (43.09%), Vitamin A: 1620.03IU (32.4%), Selenium: 19.39µg (27.71%), Zinc: 3.58mg (23.85%), Vitamin B2: 0.38mg (22.16%), Vitamin K: 20.93µg (19.93%), Vitamin C: 13.16mg (15.95%), Vitamin B3: 2.49mg (12.43%), Folate: 48.1µg (12.03%), Potassium: 409.74mg (11.71%), Vitamin E:

1.74mg (11.57%), Magnesium: 41.97mg (10.49%), Fiber: 2.57g (10.29%), Iron: 1.76mg (9.78%), Manganese: 0.19mg (9.69%), Vitamin B1: 0.13mg (8.42%), Vitamin B6: 0.13mg (6.39%), Copper: 0.08mg (3.94%), Vitamin D: 0.45µg (3.02%), Vitamin B5: 0.25mg (2.51%)