



Open Face Mozzarella Sandwich

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons balsamic vinegar divided
- 2 tablespoons olive oil extra virgin divided
- 4 leaves basil fresh
- 4 slices mozzarella cheese fresh
- 4 slices bread italian
- 4 slices tomatoes ripe

Equipment

- baking sheet

baking paper

oven

Directions

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper.

Lay the 4 slices of Italian bread out on the prepared baking sheet; top each piece of bread with a tomato slice, a basil leaf, and a slice of mozzarella cheese.

Bake in the preheated oven until the cheese has melted, about 7 minutes.

Drizzle each sandwich with 1/2 tablespoon of olive oil and balsamic vinegar.

Nutrition Facts

 **PROTEIN 12.1%**  **FAT 67.97%**  **CARBS 19.93%**

Properties

Glycemic Index:46.25, Glycemic Load:1.13, Inflammation Score:-4, Nutrition Score:5.3204348035481%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg 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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 270.49kcal (13.52%), Fat: 20.45g (31.46%), Saturated Fat: 8.54g (53.38%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 12.45g (4.53%), Sugar: 8.38g (9.31%), Cholesterol: 22.38mg (7.46%), Sodium: 255.2mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.39%), Calcium: 148.9mg (14.89%), Phosphorus: 115.98mg (11.6%), Vitamin B12: 0.65µg (10.77%), Vitamin A: 442.82IU (8.86%), Vitamin K: 9.07µg (8.64%), Vitamin E: 1.21mg (8.08%), Selenium: 4.82µg (6.88%), Zinc: 0.92mg (6.16%), Vitamin B2: 0.1mg (6.1%), Vitamin B3: 1.09mg (5.47%), Folate: 18.97µg (4.74%), Vitamin C: 3.79mg (4.59%), Fiber: 1.03g (4.13%), Iron: 0.73mg (4.06%), Potassium: 139.43mg (3.98%), Magnesium: 13.32mg (3.33%), Vitamin B1: 0.05mg (3.11%), Manganese: 0.06mg (2.78%), Vitamin B6: 0.03mg (1.64%), Copper: 0.02mg (1.15%)