



Open-Faced Summer Sandwiches

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



584 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup olive oil
- ☐ 1 cup olives ripe sliced
- ☐ 0.5 teaspoon pepper
- ☐ 3 tablespoons pesto
- ☐ 4 slices rustic bread 1- to 1 1/2-inch-thick
- ☐ 1 teaspoon salt
- ☐ 2 large onions sweet cut into 1/2-inch-thick slices

☐ 2 large tomatoes cut into 1/2-inch-thick slices

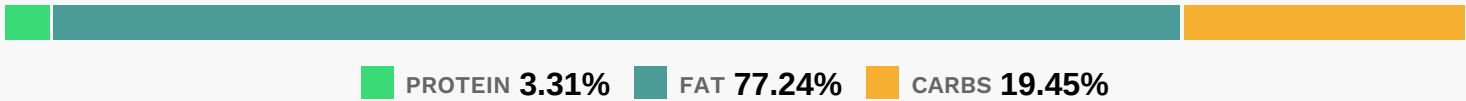
Equipment

☐ grill

Directions

- ☐ Sprinkle tomato slices evenly with salt and pepper; set aside.
- ☐ Brush both sides of bread slices with olive oil.
- ☐ Grill bread, without grill lid, over medium heat (300 to 350°F)
- ☐ to 3 minutes on each side or until lightly browned.
- ☐ Grill onion, covered with grill lid, over high heat (400 to 500°F)
- ☐ to 10 minutes on each side or until tender and browned.
- ☐ Stir together mayonnaise and pesto; spread evenly on 1 side of each bread slice. Top evenly with tomato and onion slices; sprinkle with olives.
- ☐ Sprinkle with mint, if desired.
- ☐ * 4 (1-inch thick) French bread slices may be substituted.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:1.04, Inflammation Score:-8, Nutrition Score:12.611739093843%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 2.01mg, Myricetin: 2.01mg, Myricetin: 2.01mg, Myricetin: 2.01mg Quercetin: 24.56mg, Quercetin: 24.56mg, Quercetin: 24.56mg, Quercetin: 24.56mg

Nutrients (% of daily need)

Calories: 583.78kcal (29.19%), Fat: 51.15g (78.7%), Saturated Fat: 10.41g (65.08%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 24.35g (8.86%), Sugar: 17.58g (19.54%), Cholesterol: 12.66mg (4.22%), Sodium: 1483.17mg (64.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Vitamin K: 62.33µg (59.37%), Vitamin E: 4.68mg (31.17%), Vitamin C: 20.41mg (24.74%), Vitamin A: 1138.69IU (22.77%), Fiber: 4.64g (18.55%), Folate: 66.77µg (16.69%), Vitamin B6: 0.3mg (15.07%), Potassium: 479.37mg (13.7%), Manganese: 0.26mg (13.24%), Copper: 0.2mg (9.8%), Vitamin B1: 0.14mg (9.31%), Vitamin B3: 1.74mg (8.72%), Iron: 1.49mg (8.28%), Magnesium: 32.74mg (8.18%), Calcium: 81.71mg (8.17%), Phosphorus: 81.55mg (8.16%), Vitamin B2: 0.08mg (4.5%), Zinc: 0.47mg (3.13%), Vitamin B5: 0.3mg (3.03%), Selenium: 1.79µg (2.56%)