



## Pesto Focaccia Sandwich

READY IN



10 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 pound deli forest ham black thinly sliced
- 1 large ciabatta bread
- 3.5 ounce basil pesto prepared
- 6 slices provolone cheese
- 0.5 small onion red thinly sliced
- 0.5 pound turkey breast thinly sliced

### Equipment

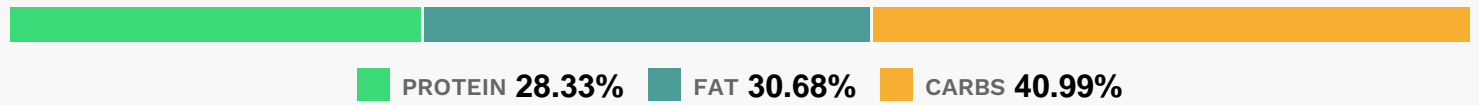
- oven

- aluminum foil
- serrated knife

## Directions

- Cut bread in half horizontally using a serrated knife.
- Spread pesto evenly over cut sides.
- Layer ham and next 3 ingredients evenly over bottom half. Top with remaining bread half. Wrap in aluminum foil.
- Bake at 450 for 10 minutes.
- Cut into 6 wedges.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:6.6552174194999%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 384.73kcal (19.24%), Fat: 13.01g (20.02%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 37.86g (13.77%), Sugar: 2.39g (2.66%), Cholesterol: 55.26mg (18.42%), Sodium: 1130.09mg (49.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.03g (54.05%), Vitamin B3: 3.79mg (18.96%), Phosphorus: 186.1mg (18.61%), Calcium: 177.67mg (17.77%), Selenium: 11.38µg (16.26%), Vitamin B6: 0.32mg (15.89%), Vitamin A: 508.33IU (10.17%), Vitamin B12: 0.52µg (8.59%), Zinc: 1.12mg (7.47%), Vitamin B2: 0.12mg (6.96%), Potassium: 239.07mg (6.83%), Fiber: 1.25g (4.98%), Iron: 0.89mg (4.97%), Vitamin B5: 0.39mg (3.95%), Magnesium: 15.69mg (3.92%), Folate: 6.29µg (1.57%), Copper: 0.03mg (1.41%), Vitamin B1: 0.02mg (1.35%)