



Prosciutto, Lettuce, and Tomato Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 0.3 cup canola mayonnaise
- ☐ 1 ounce whole-grain bread 100%
- ☐ 3 ounces pancetta very thin
- ☐ 1 cup baby romaine lettuce leaves
- ☐ 2 inch tomatoes

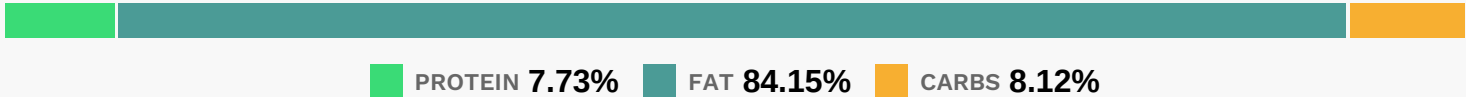
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Arrange bread slices in a single layer on a baking sheet. Broil bread 2 minutes on each side or until toasted.
- ☐ Combine mayonnaise, basil, mustard, and garlic; spread mayonnaise mixture evenly over 4 bread slices.
- ☐ Layer 1/4 cup lettuce and 2 tomato slices over each serving; top evenly with prosciutto and remaining bread.
- ☐ Combine 1 teaspoon fresh lime rind, 1 tablespoon fresh lime juice, 1 tablespoon honey, and a dash of salt; drizzle over 4 cups mixed precut fruit.

Nutrition Facts



Properties

Glycemic Index:72.42, Glycemic Load:1.97, Inflammation Score:-6, Nutrition Score:6.0913044369739%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 206.2kcal (10.31%), Fat: 19.25g (29.62%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.41g (1.24%), Sugar: 0.59g (0.66%), Cholesterol: 19.91mg (6.64%), Sodium: 276.47mg (12.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.95%), Vitamin K: 39.7µg (37.81%), Vitamin A: 1104.89IU (22.1%), Manganese: 0.2mg (10.18%), Selenium: 7.01µg (10.01%), Vitamin B1: 0.1mg (6.73%), Vitamin B3: 1.23mg (6.17%), Phosphorus: 55.47mg (5.55%), Folate: 20.64µg (5.16%), Vitamin B6: 0.09mg (4.72%), Vitamin E: 0.62mg (4.16%), Fiber: 0.77g (3.09%), Zinc: 0.45mg (3%), Potassium: 102.48mg (2.93%), Magnesium: 11.36mg (2.84%), Iron:

0.48mg (2.67%), Vitamin B2: 0.04mg (2.48%), Vitamin B5: 0.22mg (2.19%), Calcium: 21.66mg (2.17%), Vitamin B12: 0.12µg (2.05%), Copper: 0.04mg (2.05%), Vitamin C: 1.06mg (1.29%)