



Quick Tomato Sandwich



Vegetarian



Dairy Free

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READY IN

ready

5 min.

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SERVINGS

servings

2

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CALORIES

calories

217 kcal

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ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons catsup
- ☐ 2 leaves lettuce
- ☐ 1 tablespoon mayonnaise
- ☐ 0.1 teaspoon pepper sauce hot
- ☐ 0.1 teaspoon salt
- ☐ 1 tomatoes sliced
- ☐ 4 slices bread whole wheat

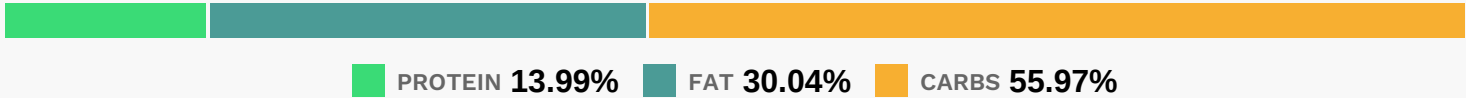
Equipment

- ☐ bowl
- ☐ toaster

Directions

- ☐ In a small bowl, combine ketchup, mayonnaise, salt, and hot pepper sauce.
- ☐ Mix well. Meanwhile, toast bread in toaster.
- ☐ Spread mixture on all 4 slices of toast; set aside.
- ☐ Arrange lettuce leaves on the bread followed by 3 or 4 slices of tomato. Top with another piece of bread. Repeat with the other sandwich.

Nutrition Facts



Properties

Glycemic Index:94.85, Glycemic Load:15.17, Inflammation Score:-6, Nutrition Score:12.729130495502%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 217.21kcal (10.86%), Fat: 7.37g (11.34%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 26.68g (9.7%), Sugar: 7.48g (8.31%), Cholesterol: 2.94mg (0.98%), Sodium: 588.33mg (25.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.45%), Manganese: 1.29mg (64.58%), Vitamin K: 23.02µg (21.92%), Selenium: 14.72µg (21.03%), Fiber: 4.24g (16.96%), Vitamin B1: 0.25mg (16.5%), Vitamin B3: 3.07mg (15.36%), Phosphorus: 140.48mg (14.05%), Magnesium: 52.48mg (13.12%), Vitamin A: 636.04IU (12.72%), Vitamin C: 9.45mg (11.46%), Calcium: 101.79mg (10.18%), Vitamin B6: 0.2mg (9.91%), Potassium: 340.98mg (9.74%), Iron: 1.7mg (9.46%), Folate: 36.78µg (9.19%), Copper: 0.18mg (8.96%), Vitamin B2: 0.13mg (7.83%), Zinc: 1.14mg (7.59%), Vitamin E: 1.1mg (7.32%), Vitamin B5: 0.47mg (4.66%)