



Ricotta and Tomato Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon penzey's southwest seasoning italian to taste
- ☐ 2 tablespoons mayonnaise
- ☐ 4 slices multigrain bread toasted
- ☐ 2 slices provolone cheese
- ☐ 0.5 cup ricotta cheese
- ☐ 2 tomatoes sliced

Equipment

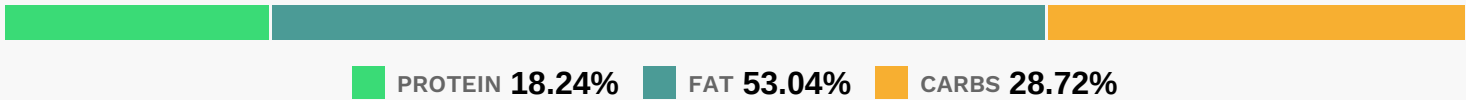
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Line a baking sheet with parchment paper.
- ☐ Arrange the tomato slices on the prepared baking sheet. Top each slice with ricotta cheese; sprinkle the Italian seasoning over the ricotta cheese; place under the preheated broiler until the cheese begins to brown, about 5 minutes.
- ☐ Spread 1 tablespoon of mayonnaise on each of 2 slices of toasted multigrain bread. Top the remaining two pieces of toast with the slices of provolone cheese. Then arrange the broiled tomatoes on the provolone cheese. Complete the sandwich by placing the bread with the mayonnaise atop the tomatoes.

Nutrition Facts



Properties

Glycemic Index:108.35, Glycemic Load:16.4, Inflammation Score:-8, Nutrition Score:20.254347754561%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 434.81kcal (21.74%), Fat: 25.82g (39.72%), Saturated Fat: 10.48g (65.49%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 26.52g (9.64%), Sugar: 6.07g (6.74%), Cholesterol: 50.61mg (16.87%), Sodium: 537.32mg (23.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.94%), Manganese: 1.35mg (67.74%), Calcium: 380.67mg (38.07%), Selenium: 26.53µg (37.89%), Vitamin K: 39.56µg (37.68%), Phosphorus: 343.75mg (34.37%), Vitamin A: 1482.72IU (29.65%), Vitamin C: 16.86mg (20.43%), Fiber: 4.94g (19.77%), Vitamin B1: 0.28mg (18.53%), Vitamin B2: 0.3mg (17.78%), Magnesium: 69.61mg (17.4%), Zinc: 2.56mg (17.04%), Vitamin B3: 3.32mg (16.59%), Potassium: 528.78mg (15.11%), Vitamin B6: 0.26mg (13.18%), Folate: 52.6µg (13.15%), Iron: 2.22mg (12.34%), Copper: 0.22mg (11.07%), Vitamin E: 1.58mg (10.56%), Vitamin B12: 0.5µg (8.42%), Vitamin B5: 0.74mg (7.43%), Vitamin D: 0.25µg (1.65%)