



Roasted Pepper, Tomato, and Feta Sandwich with Pesto Mayonnaise

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces feta cheese crumbled
- ☐ 8 ounce bread french
- ☐ 4 servings pesto mayonnaise
- ☐ 0.5 inch onion red separated
- ☐ 2 inch tomatoes
- ☐ 1 bell pepper yellow

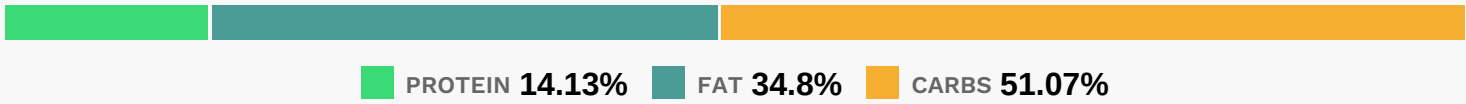
Equipment

- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and cut each piece in half.
- ☐ Cut loaf in half lengthwise.
- ☐ Spread Pesto Mayonnaise evenly over bottom half of loaf; sprinkle with feta. Arrange bell pepper, tomato, and onion over bottom half of loaf; top with remaining half.
- ☐ Cut loaf into 4 sandwiches.
- ☐ Totals include Pesto Mayonnaise.

Nutrition Facts



Properties

Glycemic Index:43.13, Glycemic Load:22.85, Inflammation Score:-6, Nutrition Score:12.714782626733%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 258.22kcal (12.91%), Fat: 10.03g (15.44%), Saturated Fat: 3.15g (19.72%), Carbohydrates: 33.14g (11.05%), Net Carbohydrates: 31.36g (11.4%), Sugar: 3.15g (3.5%), Cholesterol: 13.82mg (4.61%), Sodium: 643.84mg (27.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.34%), Vitamin C: 54.79mg (66.41%), Vitamin B1: 0.43mg (28.89%), Selenium: 18.43µg (26.33%), Vitamin B2: 0.37mg (21.74%), Folate: 82.26µg (20.57%), Manganese: 0.34mg (16.89%), Vitamin B3: 3.15mg (15.73%), Iron: 2.54mg (14.09%), Calcium: 126.99mg (12.7%), Phosphorus: 114.84mg (11.48%), Vitamin A: 432.3IU (8.65%), Vitamin B6: 0.17mg (8.61%), Fiber: 1.78g (7.1%), Zinc: 1.05mg (7.01%), Copper: 0.12mg (6.17%), Magnesium: 24.58mg (6.14%), Potassium: 141.67mg (4.05%), Vitamin B12: 0.24µg (3.99%), Vitamin B5: 0.38mg (3.78%), Vitamin E: 0.15mg (1.01%)