

Smoked Mozzarella and Pesto Sandwich

READY IN



10 min.

SERVINGS



1

CALORIES



745 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

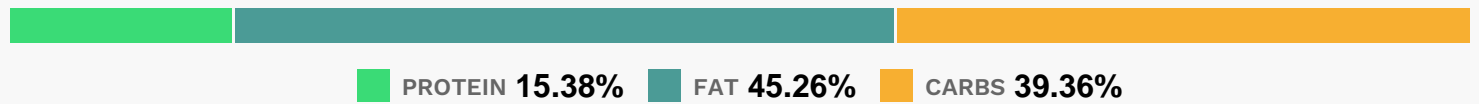
- 2 tablespoons basil pesto sauce prepared
- 1 romaine leaves
- 1 tablespoon mayonnaise
- 1 tablespoon parmesan cheese freshly grated
- 1 slice provolone cheese
- 0.3 cup mozzarella cheese smoked shredded
- 2 slices sourdough bread lightly toasted
- 2 slices tomatoes

Equipment

Directions

- Spread a thin layer of pesto sauce onto one side of one piece of bread.
- Spread a thin layer of mayonnaise onto one side of the other piece of bread.
- Sprinkle Parmesan cheese over the pesto and mayonnaise.
- Layer the provolone and mozzarella cheese onto one slice, top with lettuce and tomato, and the other slice of bread.

Nutrition Facts



Properties

Glycemic Index:222.5, Glycemic Load:52.08, Inflammation Score:-10, Nutrition Score:27.71999987312%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 744.52kcal (37.23%), Fat: 37.49g (57.68%), Saturated Fat: 11.96g (74.73%), Carbohydrates: 73.37g (24.46%), Net Carbohydrates: 69.19g (25.16%), Sugar: 9.01g (10.01%), Cholesterol: 47.86mg (15.95%), Sodium: 1550.57mg (67.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.67g (57.33%), Selenium: 46.34µg (66.2%), Vitamin A: 3240.41IU (64.81%), Vitamin B1: 0.97mg (64.5%), Calcium: 459.26mg (45.93%), Folate: 179.52µg (44.88%), Vitamin B2: 0.74mg (43.59%), Manganese: 0.82mg (40.99%), Phosphorus: 382.32mg (38.23%), Vitamin B3: 6.65mg (33.25%), Iron: 5.81mg (32.3%), Vitamin K: 29.13µg (27.74%), Zinc: 3.14mg (20.93%), Fiber: 4.18g (16.74%), Vitamin B12: 1µg (16.67%), Magnesium: 62.83mg (15.71%), Vitamin C: 11.72mg (14.2%), Copper: 0.24mg (11.96%), Vitamin B6: 0.23mg (11.68%), Potassium: 383.8mg (10.97%), Vitamin E: 1.21mg (8.09%), Vitamin B5: 0.65mg (6.46%), Vitamin D: 0.26µg (1.73%)