



Sourdough Tomato Grills

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup mayonnaise light
- ☐ 1 ounce cheddar cheese shredded reduced-fat
- ☐ 4 servings pepper freshly ground
- ☐ 1.2 ounce sourdough bread
- ☐ 2 tablespoons mustard stone-ground
- ☐ 8 slices tomatoes

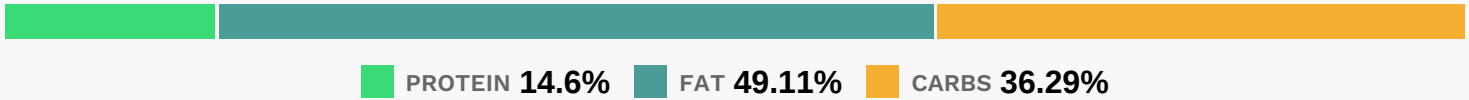
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients.
- ☐ Spread mayonnaise mixture on 1 side of each bread slice. Top each of 4 slices with 2 tomato slices, and sprinkle with pepper. Top with remaining bread slices. Coat sandwiches with cooking spray.
- ☐ Place a large nonstick skillet over medium-high heat until hot.
- ☐ Add sandwiches, 2 at a time, and cook 3 minutes on each side or until lightly browned.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:3.85, Inflammation Score:-4, Nutrition Score:4.8282609032872%

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: 93.4kcal (4.67%), Fat: 5.2g (8%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 7.48g (2.72%), Sugar: 2.61g (2.89%), Cholesterol: 4.47mg (1.49%), Sodium: 332.03mg (14.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin K: 14.67µg (13.97%), Vitamin A: 483.43IU (9.67%), Selenium: 6.4µg (9.14%), Vitamin C: 7.43mg (9%), Manganese: 0.15mg (7.5%), Phosphorus: 66.88mg (6.69%), Vitamin B1: 0.09mg (6.3%), Folate: 20.19µg (5.05%), Vitamin E: 0.75mg (4.99%), Fiber: 1.18g (4.7%), Potassium: 160.56mg (4.59%), Calcium: 45.34mg (4.53%), Vitamin B2: 0.07mg (3.87%), Vitamin B3: 0.76mg (3.81%), Iron: 0.65mg (3.61%), Magnesium: 13.83mg (3.46%), Vitamin B6: 0.06mg (3.05%), Copper: 0.06mg (2.81%), Zinc: 0.37mg (2.45%), Vitamin B5: 0.12mg (1.23%)