



# Sourdough Veggie Sandwiches

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



847 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter softened
- 0.3 cup carrots shredded
- 2 tablespoons mayonnaise
- 4 ounces cheddar cheese shredded
- 4 slices sourdough bread
- 1 tablespoons sunflower seeds salted
- 1 large tomatoes thinly sliced
- 2 small zucchini halved lengthwise

# Equipment

frying pan

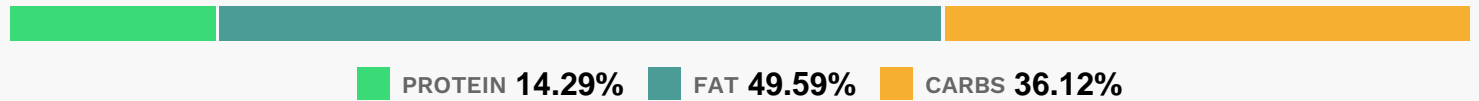
# Directions

Spread mayonnaise on one side of each slice of bread. On two slices, layer with cheese, zucchini, tomato, carrot and sunflower kernels. Top with remaining bread, mayonnaise side down.

Spread butter over the outside of bread.

In a large skillet, cook over medium heat until bread is lightly toasted and cheese is melted.

# Nutrition Facts



# Properties

Glycemic Index:163.67, Glycemic Load:53.55, Inflammation Score:-10, Nutrition Score:37.820434414822%

# Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

# Nutrients (% of daily need)

Calories: 847.27kcal (42.36%), Fat: 47.37g (72.88%), Saturated Fat: 20.75g (129.69%), Carbohydrates: 77.65g (25.88%), Net Carbohydrates: 71.68g (26.07%), Sugar: 12.42g (13.8%), Cholesterol: 92.68mg (30.89%), Sodium: 1345.77mg (58.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.7g (61.41%), Vitamin A: 4596.57IU (91.93%), Selenium: 56.02µg (80.03%), Vitamin B1: 1.1mg (73.24%), Folate: 226.83µg (56.71%), Vitamin B2: 0.96mg (56.43%), Manganese: 1.1mg (55.52%), Calcium: 509.06mg (50.91%), Phosphorus: 505.66mg (50.57%), Vitamin C: 34.6mg (41.94%), Vitamin B3: 7.85mg (39.26%), Vitamin K: 40.43µg (38.51%), Iron: 6.12mg (34%), Zinc: 4.27mg (28.44%), Vitamin B6: 0.53mg (26.6%), Magnesium: 106.11mg (26.53%), Vitamin E: 3.98mg (26.5%), Fiber: 5.97g (23.86%), Potassium: 806.68mg (23.05%), Copper: 0.43mg (21.47%), Vitamin B5: 1.12mg (11.23%), Vitamin B12: 0.64µg (10.69%), Vitamin D: 0.37µg (2.45%)