



The Caitlin, a Pimiento Sandwich

READY IN



20 min.

SERVINGS



8

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup alfalfa sprouts
- ☐ 0.5 cup baby spinach leaves packed
- ☐ 0.3 cup pickled jalepeno pepper brine
- ☐ 4 ounce cheddar cheese
- ☐ 8 slice bacon cooked
- ☐ 1.5 cup cucumber thinly sliced
- ☐ 4 ounce havarti cheese
- ☐ 0.3 cup mayonnaise
- ☐ 1 cup onion thinly sliced

- ☐ 4 ounce pepper jack cheese
- ☐ 16 slice sourdough bread toasted
- ☐ 4 ounce swiss cheese

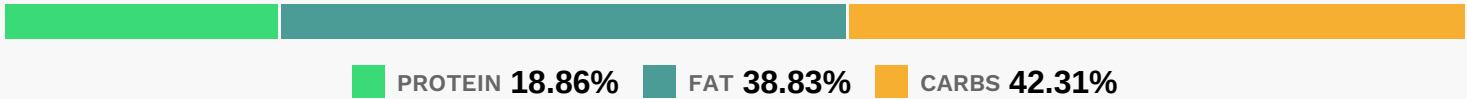
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Position shredding disc in food processor bowl; shred first four ingredients, and place in a large bowl.
- ☐ Add pepper juice and the next three ingredients; stir well.
- ☐ Spread one half cup pimienta cheese filling on each of eight toast slices. Top pimienta cheese evenly with spinach leaves, cucumber slices, onion slices, alfalfa sprouts, bacon slices, and remaining toast slices.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:51.88, Inflammation Score:-8, Nutrition Score:25.979565454566%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 659.89kcal (32.99%), Fat: 28.53g (43.89%), Saturated Fat: 12.93g (80.82%), Carbohydrates: 69.94g (23.31%), Net Carbohydrates: 66.53g (24.19%), Sugar: 7.28g (8.08%), Cholesterol: 63.31mg (21.1%), Sodium: 1477.63mg (64.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.18g (62.36%), Selenium: 52.52µg (75.03%), Vitamin B1: 0.99mg (65.94%), Calcium: 496.76mg (49.68%), Vitamin B2: 0.79mg (46.57%), Phosphorus: 464.66mg (46.47%), Folate: 184.77µg (46.19%), Manganese: 0.75mg (37.49%), Vitamin B3: 7.11mg (35.54%), Iron:

5.43mg (30.16%), Zinc: 3.82mg (25.49%), Vitamin K: 24.76µg (23.58%), Magnesium: 66.69mg (16.67%), Vitamin B12: 0.99µg (16.45%), Vitamin A: 685.97IU (13.72%), Fiber: 3.41g (13.64%), Vitamin B6: 0.27mg (13.25%), Copper: 0.26mg (13.18%), Potassium: 308.26mg (8.81%), Vitamin B5: 0.82mg (8.24%), Vitamin E: 0.91mg (6.05%), Vitamin C: 3.04mg (3.69%), Vitamin D: 0.25µg (1.69%)