



Toasted Almond and Pecorino Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



794 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound almonds whole cooled toasted
- ☐ 12.5 inch bread country-style (each)
- ☐ 1 tablespoon sage fresh chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.5 cup olive oil
- ☐ 6 servings olive oil
- ☐ 10 ounce pecorino cheese very thin cut into slices

☐ 0.5 teaspoon salt

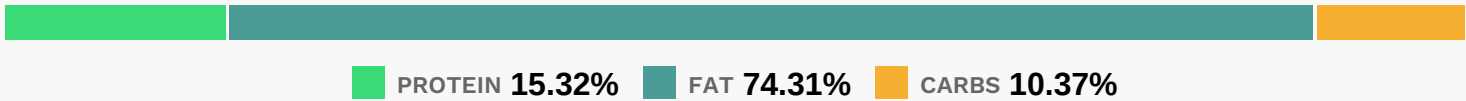
Equipment

☐ frying pan

Directions

- ☐ Coarsely chop nuts in processor.
- ☐ Add next 6 ingredients. Blend until mixture forms coarse paste. (Can be made 3 days ahead. Cover and chill.
- ☐ Let stand at room temperature 1 hour before using.)
- ☐ Divide almond paste among half of bread slices; spread to cover. Top with cheese.
- ☐ Sprinkle with pepper. Cover with remaining bread slices.
- ☐ Brush tops with oil.
- ☐ Heat 2 large nonstick skillet over medium-high heat.
- ☐ Add 3 sandwiches, oiled side down, to each skillet. Cook until bread is crusty on bottom, about 6 minutes.
- ☐ Brush tops with oil. Turn sandwiches over. Cook until brown and crusty on bottom, pressing to compact, about 6 minutes.

Nutrition Facts



Properties

Glycemic Index:21.28, Glycemic Load:2.51, Inflammation Score:-8, Nutrition Score:33.126956364383%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 1.96mg, Epigallocatechin: 1.96mg, Epigallocatechin: 1.96mg, Epigallocatechin: 1.96mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg
Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 794.44kcal (39.72%), Fat: 68.37g (105.18%), Saturated Fat: 13.46g (84.11%), Carbohydrates: 21.46g (7.15%),
Net Carbohydrates: 11.58g (4.21%), Sugar: 4.17g (4.63%), Cholesterol: 49.14mg (16.38%), Sodium: 787.12mg (34.22%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.71g (63.42%), Copper: 3.84mg (191.77%), Vitamin E: 22.02mg
(146.81%), Manganese: 1.91mg (95.58%), Phosphorus: 730.77mg (73.08%), Calcium: 721.72mg (72.17%), Vitamin B2:
1.05mg (61.96%), Magnesium: 228.11mg (57.03%), Fiber: 9.88g (39.53%), Zinc: 3.66mg (24.39%), Iron: 3.59mg
(19.96%), Potassium: 617.15mg (17.63%), Selenium: 11.49µg (16.42%), Vitamin B3: 3.08mg (15.4%), Vitamin B1: 0.2mg
(13.31%), Vitamin K: 12.03µg (11.46%), Folate: 42.71µg (10.68%), Vitamin B12: 0.53µg (8.82%), Vitamin B6: 0.16mg
(7.75%), Vitamin B5: 0.61mg (6.12%), Vitamin C: 4.2mg (5.09%), Vitamin A: 198.35IU (3.97%), Vitamin D: 0.24µg
(1.57%)