



Tomato and Basil Grilled Gouda Sandwich

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch basil fresh
- ☐ 12 ounce gouda cheese
- ☐ 8 slice dough bread sour
- ☐ 6 slice tomatoes ripe per sandwich)
- ☐ 2 tablespoon butter unsalted room temperature

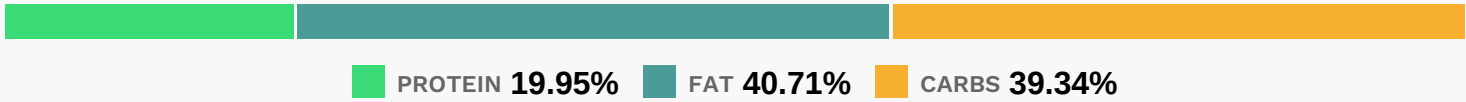
Equipment

- ☐ grill

Directions

- ☐ Butter one side of each slice of bread. Arrange 4 slices, buttered side down, on clean work surface. Divide cheese evenly among 4 slices of bread. Arrange tomato slices over cheese, cutting slices in half to fit if necessary. Scatter basil leaves over tomatoes. Top with remaining slices of bread, buttered side up.
- ☐ Place sandwiches on a medium-hot grill, off direct heat. Cook until bread is golden and cheese is beginning to melt, about 4 minutes depending on heat of grill. Turn sandwiches over, and continue grilling until bread is golden and cheese is completely melted. Move to a slightly cooler part of the grill to melt if bread is darkening too much.

Nutrition Facts



Properties

Glycemic Index:53.88, Glycemic Load:52.15, Inflammation Score:-8, Nutrition Score:27.689565482347%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 708.87kcal (35.44%), Fat: 32.17g (49.5%), Saturated Fat: 19.25g (120.33%), Carbohydrates: 69.95g (23.32%), Net Carbohydrates: 66.62g (24.22%), Sugar: 8.88g (9.86%), Cholesterol: 112.01mg (37.34%), Sodium: 1469.98mg (63.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.48g (70.96%), Selenium: 49.02µg (70.02%), Calcium: 671.17mg (67.12%), Vitamin B1: 0.95mg (63.36%), Phosphorus: 611.29mg (61.13%), Vitamin B2: 0.84mg (49.54%), Folate: 182.95µg (45.74%), Manganese: 0.75mg (37.47%), Vitamin B3: 6.48mg (32.42%), Zinc: 4.74mg (31.6%), Iron: 5.38mg (29.91%), Vitamin B12: 1.32µg (22.03%), Vitamin A: 1096.62IU (21.93%), Magnesium: 71.5mg (17.87%), Vitamin K: 14.84µg (14.13%), Fiber: 3.33g (13.34%), Copper: 0.26mg (12.89%), Vitamin B6: 0.24mg (12.04%), Potassium: 356.23mg (10.18%), Vitamin B5: 0.76mg (7.65%), Vitamin C: 5.91mg (7.16%), Vitamin E: 0.87mg (5.8%), Vitamin D: 0.53µg (3.53%)