



Tomato and Melted Cheese Open Faced Sandwich



Vegetarian



Popular

READY IN



10 min.

SERVINGS



1

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

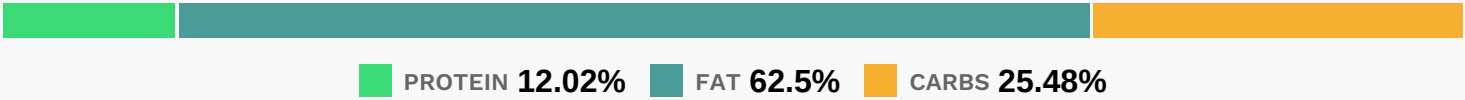
- ☐ 2 slices bread lightly toasted
- ☐ 2 slices cheddar cheese
- ☐ 2 tablespoons mayonnaise
- ☐ 1 serving salt and pepper to taste
- ☐ 1 tomatoes sliced

Equipment

Directions

☐ Spread the mayo on the top of a slice of bread and top with sliced tomatoes, salt and pepper and finally top it off with some cheese.Broil until the cheese is melted, about 2–5 minutes.

Nutrition Facts



Properties

Glycemic Index:173.67, Glycemic Load:15.85, Inflammation Score:-8, Nutrition Score:18.687391218932%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 504.7kcal (25.24%), Fat: 35.29g (54.29%), Saturated Fat: 10.23g (63.93%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 28.66g (10.42%), Sugar: 6.72g (7.46%), Cholesterol: 45.76mg (15.25%), Sodium: 864.98mg (37.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.53%), Vitamin K: 58.92µg (56.11%), Manganese: 0.81mg (40.68%), Selenium: 26.39µg (37.71%), Calcium: 325.04mg (32.5%), Vitamin A: 1384.59IU (27.69%), Phosphorus: 263.36mg (26.34%), Vitamin C: 16.96mg (20.56%), Vitamin B3: 3.88mg (19.39%), Vitamin B1: 0.29mg (19.22%), Vitamin B2: 0.32mg (18.81%), Folate: 74.59µg (18.65%), Fiber: 3.72g (14.86%), Zinc: 2.08mg (13.88%), Iron: 2.46mg (13.68%), Vitamin E: 1.94mg (12.96%), Potassium: 402.29mg (11.49%), Magnesium: 45.96mg (11.49%), Vitamin B6: 0.19mg (9.31%), Copper: 0.17mg (8.61%), Vitamin B5: 0.76mg (7.57%), Vitamin B12: 0.39µg (6.57%), Vitamin D: 0.26µg (1.73%)