



Tomato & Mozzarella Melt

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 basil leaves fresh
- ☐ 1 cranberry-orange relish cut into wedges
- ☐ 2 ounce part-skim mozzarella cheese
- ☐ 2 slices cocktail rye bread
- ☐ 4 slices tomatoes

Equipment

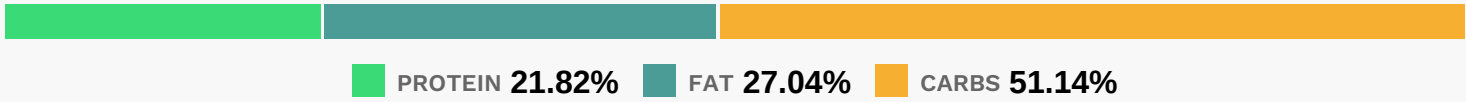
- ☐ oven
- ☐ broiler

☐ toaster

Directions

- ☐ Top each bread slice with 4 basil leaves, 2 tomato slices, and 1 slice cheese.
- ☐ Melt open-faced sandwiches in toaster oven or broiler 4 to 5 minutes, until cheese is bubbling.
- ☐ Serve with orange wedges.

Nutrition Facts



Properties

Glycemic Index:202.83, Glycemic Load:19.53, Inflammation Score:-8, Nutrition Score:21.532608721567%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.1mg, Naringenin: 20.1mg, Naringenin: 20.1mg, Naringenin: 20.1mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 372.8kcal (18.64%), Fat: 11.32g (17.42%), Saturated Fat: 6.16g (38.48%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 41.23g (14.99%), Sugar: 15.47g (17.19%), Cholesterol: 36.29mg (12.1%), Sodium: 737.22mg (32.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.56g (41.13%), Vitamin C: 71.07mg (86.15%), Calcium: 548.57mg (54.86%), Selenium: 28.61µg (40.86%), Phosphorus: 363.61mg (36.36%), Manganese: 0.61mg (30.35%), Folate: 117.58µg (29.39%), Fiber: 6.96g (27.82%), Vitamin B1: 0.4mg (26.97%), Vitamin B2: 0.44mg (25.99%), Zinc: 2.42mg (16.13%), Vitamin A: 774.07IU (15.48%), Vitamin B3: 2.91mg (14.57%), Vitamin K: 15.27µg (14.54%), Magnesium: 54.23mg (13.56%), Iron: 2.18mg (12.11%), Potassium: 409.9mg (11.71%), Copper: 0.21mg (10.34%), Vitamin B6: 0.17mg (8.72%), Vitamin B12: 0.46µg (7.75%), Vitamin B5: 0.66mg (6.64%), Vitamin E: 0.57mg (3.82%), Vitamin D: 0.17µg (1.13%)