



Ultimate 4-Layer Vegan Sandwich



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 avocado thinly sliced
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 0.3 teaspoon grain sea salt to taste fine
- ☐ 1 cup basil leaves fresh
- ☐ 1 large garlic clove
- ☐ 0.3 cup hemp seeds hulled
- ☐ 2 tablespoons water
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 4 servings lettuce
- ☐ 0.3 cup oil-packed sun-dried tomatoes (6)
- ☐ 1 tablespoon olive oil extra-virgin to taste
- ☐ 1 pinch pepper flakes red
- ☐ 1 pinch salt & pepper
- ☐ 4 servings sprouted-grain bread (or wraps or Bibb lettuce)
- ☐ 2 tablespoons sun-dried tomato hemp basil pesto (from above)
- ☐ 1 slices tomatoes thin
- ☐ 2 tablespoons water

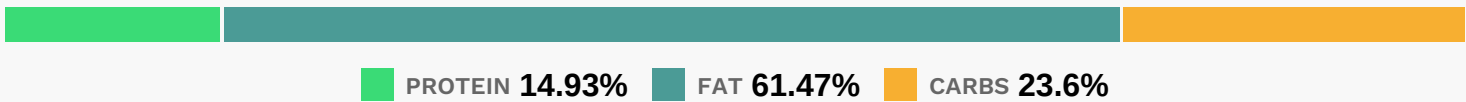
Equipment

- ☐ food processor
- ☐ bowl
- ☐ toaster

Directions

- ☐ For the pesto: Mince garlic in a food processor.
- ☐ Add the rest of the pesto ingredients and process until the pesto is smooth, stopping to scrape down the bowl as needed.Toast the bread in a toaster.
- ☐ Spread bread with hummus and pesto (one on each).
- ☐ Layer on the avocado, tomato, and lettuce.
- ☐ Sprinkle on red pepper flakes, salt, and pepper. Slice in half and enjoy!

Nutrition Facts



Properties

Glycemic Index:73.88, Glycemic Load:1.85, Inflammation Score:-7, Nutrition Score:12.327391303104%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 202.18kcal (10.11%), Fat: 14.61g (22.48%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 7.8g (2.84%), Sugar: 5.34g (5.93%), Cholesterol: 0.6mg (0.2%), Sodium: 269.88mg (11.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.97%), Vitamin K: 57.93µg (55.18%), Phosphorus: 213.77mg (21.38%), Manganese: 0.43mg (21.3%), Vitamin A: 1018.95IU (20.38%), Fiber: 4.81g (19.26%), Iron: 3.38mg (18.78%), Folate: 63.04µg (15.76%), Potassium: 532.41mg (15.21%), Vitamin C: 12.27mg (14.88%), Copper: 0.23mg (11.71%), Vitamin B1: 0.15mg (10.31%), Magnesium: 36.75mg (9.19%), Vitamin E: 1.26mg (8.39%), Vitamin B6: 0.16mg (8.13%), Vitamin B3: 1.59mg (7.94%), Vitamin B2: 0.13mg (7.39%), Calcium: 67.58mg (6.76%), Vitamin B5: 0.61mg (6.13%), Zinc: 0.63mg (4.17%), Selenium: 0.9µg (1.28%)