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## Tomato Mozzarella Sandwich ♦

A classic sandwich made with fresh tomatoes, mozzarella cheese, and basil leaves. Perfect for a quick and delicious lunch or dinner.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 5 mins

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

150 g	Tomato
100 g	mozzarella cheese
10 g	basil leaves
4 pieces	bread slices
2 tsp	olive oil
0.5 tsp	salt

0.5 tsp black pepper

## Directions

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### Step 1

Cutting

Slice the tomatoes and mozzarella cheese.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Place the tomato slices on one bread slice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

Place the mozzarella cheese slices on top of the tomatoes.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 4

Add basil leaves on top of the mozzarella cheese.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Season with salt and black pepper.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Drizzle olive oil on the other bread slice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 7

Place the olive oil-drizzled bread slice on top of the sandwich.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 8

Cut

Press the sandwich gently and cut into halves.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 12 g

**Protein:** 10 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	12 g	42.86%	48%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Cuisines

Italian

### Course

Appetizers

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

### Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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