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Simple Caprese Sandwich ♦

The Simple Caprese Sandwich is a classic Italian dish that is perfect for a quick and easy lunch. It consists of fresh mozzarella cheese, ripe tomatoes, and fragrant basil leaves, all sandwiched between two slices of crusty bread. This sandwich is a delicious combination of flavors and textures, with the creamy cheese, juicy tomatoes, and aromatic basil. It's a great option for those who are not vegan or vegetarian.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	fresh mozzarella cheese
100 g	ripe tomatoes
10 g	basil leaves
100 g	crusty bread

Directions

Step 1

Cut

Slice the fresh mozzarella cheese and ripe tomatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Wash and dry the basil leaves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Assembling

Assemble the sandwich by layering the mozzarella cheese, tomatoes, and basil leaves between two slices of crusty bread.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 12 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	25 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
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	300 mg	13.04%	13.04%
Calcium	30 mg	3%	3%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	350 mg	10.29%	13.46%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian Middle Eastern

Course

Appetizers Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Oktoberfest

Healthy For

Hepatitis

Nutritional Content

Low Calorie Low Carb High Fiber Sugar-Free High Vitamin C

High Calcium

Kitchen Tools

Blender Oven Stove Microwave

Meal Type

Lunch Snack Supper

Difficulty Level

Easy

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