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Caprese Sandwich ♦♦

The Caprese sandwich is a classic Italian sandwich made with fresh mozzarella, tomatoes, basil, and balsamic glaze. It is a simple yet delicious sandwich that is perfect for a quick lunch or dinner.

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
100 g	Tomatoes
10 g	basil leaves
2 tsp	balsamic glaze
4 slices	bread

Directions

Step 1

Cut

Slice the fresh mozzarella and tomatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Arrange the mozzarella, tomatoes, and basil leaves on two slices of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Drizzle balsamic glaze on top.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Cover with the remaining slices of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	15 g	88.24%	88.24%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
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	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	30 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	30 mg	3%	3%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Italian

Kitchen Tools

Grill

Course

Salads

Cultural

Chinese New Year

Cost

\$30 to \$40

Diet

16:8 Diet

Warrior Diet

OMAD (One Meal a Day) Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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