



## Barbecued Grilled Portobello Sandwich

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup original barbecue sauce divided kraft
- 4 leaf lettuce leaves
- 4 portabello mushrooms
- 4 kaiser rolls split
- 4 large tomatoes

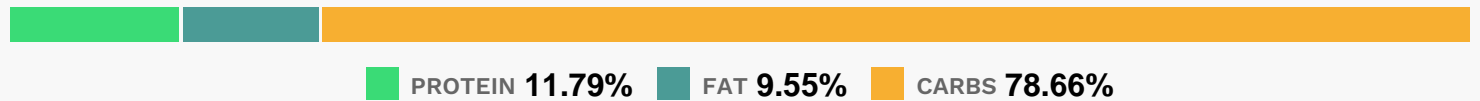
### Equipment

- grill

## Directions

- Heat grill to medium-high heat.
- Grill mushrooms, 4 to 6 min. on each side or until tender, brushing occasionally with 1/4 cup barbecue sauce.
- Spread cut sides of rolls with remaining barbecue sauce.
- Fill rolls with lettuce, mushrooms and tomatoes to make 4 sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:4.44, Glycemic Load:3.72, Inflammation Score:-1, Nutrition Score:1.5926086986842%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 41.32kcal (2.07%), Fat: 0.44g (0.68%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.78g (2.83%), Sugar: 3.04g (3.38%), Cholesterol: 0mg (0%), Sodium: 107.19mg (4.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Iron: 1.8mg (9.97%), Selenium: 2.58µg (3.68%), Vitamin B3: 0.66mg (3.32%), Copper: 0.05mg (2.26%), Potassium: 72.74mg (2.08%), Fiber: 0.45g (1.8%), Phosphorus: 16.74mg (1.67%), Vitamin B5: 0.17mg (1.66%), Vitamin B6: 0.03mg (1.39%), Vitamin B2: 0.02mg (1.27%), Vitamin A: 60.64IU (1.21%), Folate: 4.59µg (1.15%), Manganese: 0.02mg (1.09%)