

# California Melt

 Vegetarian  Popular

READY IN



17 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup almonds toasted sliced
- 1 avocado sliced
- 4 slices whole-grain bread lightly toasted
- 1 cup mushrooms sliced
- 4 slices swiss cheese
- 1 tomatoes sliced

## Equipment

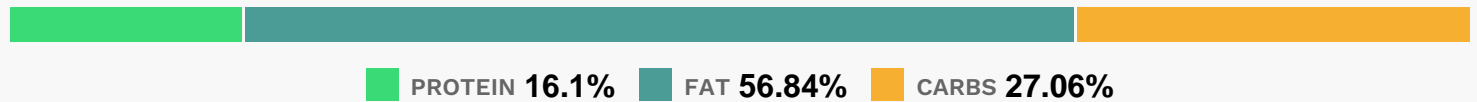
- baking sheet

- oven
- broiler

## Directions

- Preheat the oven broiler.
- Lay the toasted bread out on a baking sheet. Top each slice of bread with 1/4 of the avocado, mushrooms, almonds, and tomato slices. Top each with a slice of Swiss cheese.
- Broil the open-face sandwiches until the cheese melts and begins to bubble, about 2 minutes.
- Serve the sandwiches warm.

## Nutrition Facts



## Properties

Glycemic Index:54.17, Glycemic Load:8.27, Inflammation Score:-6, Nutrition Score:17.537391426771%

## Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 298.14kcal (14.91%), Fat: 19.74g (30.37%), Saturated Fat: 4.84g (30.27%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 14.01g (5.09%), Sugar: 3.37g (3.74%), Cholesterol: 15.81mg (5.27%), Sodium: 163.82mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.16%), Manganese: 0.99mg (49.43%), Vitamin E: 4.51mg (30.08%), Fiber: 7.15g (28.58%), Phosphorus: 268.41mg (26.84%), Calcium: 238.82mg (23.88%), Vitamin B2: 0.4mg (23.62%), Selenium: 15.26µg (21.8%), Magnesium: 79.46mg (19.86%), Copper: 0.38mg (19.2%), Vitamin B3: 3.61mg (18.03%), Folate: 67.93µg (16.98%), Potassium: 562.33mg (16.07%), Vitamin K: 15.4µg (14.67%), Vitamin B5: 1.41mg (14.06%), Zinc: 2.11mg (14.04%), Vitamin B6: 0.27mg (13.37%), Vitamin B1: 0.2mg (13.35%), Vitamin C: 9.74mg

(11.81%), Vitamin A: 471.57IU (9.43%), Iron: 1.66mg (9.22%), Vitamin B12: 0.52µg (8.72%)