



## Garden Vegetable Grilled Sandwich

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 0.3 cup philadelphia garden vegetable
- 4 milk pepperjack singles 2% kraft
- 2 portobello mushroom caps (4 inch)
- 2 slices onion red (1/)
- 4 sandwich rolls whole wheat
- 1 tomatoes cut into 4 slices
- 4 slices zucchini (1/)

# Equipment

grill

# Directions

Heat grill to medium heat.

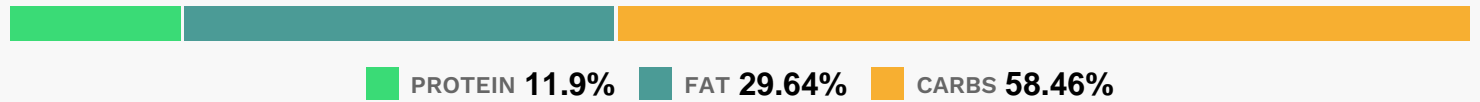
Grill vegetables 5 to 7 min or until crisp-tender, turning and brushing occasionally with dressing. Meanwhile, grill rolls, cut-sides down, 1 to 2 min. or until lightly toasted.

Remove vegetables and rolls from grill.

Cut mushrooms into thin strips. Separate onions into rings.

Spread rolls with reduced-fat cream cheese; fill with grilled vegetables, tomatoes and 2% Milk Singles.

# Nutrition Facts



# Properties

Glycemic Index:8.15, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:2.3452173924964%

# Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

# Nutrients (% of daily need)

Calories: 49.65kcal (2.48%), Fat: 1.64g (2.52%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 6.7g (2.44%), Sugar: 0.79g (0.88%), Cholesterol: 0.02mg (0.01%), Sodium: 90.99mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Selenium: 6.04µg (8.63%), Vitamin B3: 0.94mg (4.68%), Vitamin B1: 0.07mg (4.41%), Folate: 15.51µg (3.88%), Manganese: 0.08mg (3.81%), Vitamin A: 171.11IU (3.42%), Vitamin B2: 0.05mg (3.23%), Copper: 0.05mg (2.5%), Iron: 0.45mg (2.49%), Phosphorus: 24.66mg (2.47%), Fiber: 0.58g (2.32%), Potassium: 69.85mg (2%), Vitamin C: 1.54mg (1.87%), Vitamin B5: 0.16mg (1.58%), Vitamin B6: 0.03mg (1.43%), Calcium: 13.45mg (1.34%), Magnesium: 4.82mg (1.21%), Zinc: 0.18mg (1.21%)