



## Grilled Cheese Mushroom & Roasted Red Pepper Baguette

 Vegetarian

READY IN



13 min.

SERVINGS



13

CALORIES



172 kcal

### Ingredients

- 1.5 cups baby spinach leaves
- 1 lb baguette split
- 2 cups mushrooms fresh sliced
- 0.8 cup low-moisture part-skim mozzarella cheese shredded kraft
- 4 provolone cheese cut in half kraft
- 1 cup onion red sliced
- 7 oz roasted peppers red drained cut into strips
- 6 Tbsp sun tomato vinaigrette dressing dried divided kraft

## Equipment

- bowl
- broiler
- microwave

## Directions

- Heat broiler.
- Toss onions with 1/4 cup dressing in medium microwaveable bowl; cover with waxed paper. Microwave on HIGH 1-1/2 min. or until onions are crisp-tender.
- Add mushrooms, peppers and mozzarella; mix lightly.
- Brush remaining dressing evenly onto cut sides of baguette; cover bottom half with provolone, spinach and onion mixture.
- Broil both halves, 6 inches from heat, 3 min. or until cheese is melted. Cover bottom half of baguette with top of baguette.
- Cut into pieces to serve.

## Nutrition Facts

 **PROTEIN 16.58%**  **FAT 38.17%**  **CARBS 45.25%**

## Properties

Glycemic Index:14.6, Glycemic Load:11.93, Inflammation Score:-5, Nutrition Score:8.7052173303521%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

## Nutrients (% of daily need)

Calories: 172.18kcal (8.61%), Fat: 7.36g (11.32%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 18.27g (6.65%), Sugar: 2.76g (3.06%), Cholesterol: 8.17mg (2.72%), Sodium: 511.15mg (22.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.38%), Vitamin K: 25.34µg (24.14%), Vitamin B1: 0.23mg (15.3%), Calcium: 144.32mg (14.43%), Selenium: 9.41µg (13.45%), Vitamin B2: 0.22mg (13.19%), Folate: 52.51µg

(13.13%), Manganese: 0.24mg (12.07%), Phosphorus: 113.08mg (11.31%), Vitamin B3: 2.26mg (11.28%), Vitamin C: 9.29mg (11.26%), Vitamin A: 486.74IU (9.73%), Iron: 1.56mg (8.69%), Copper: 0.12mg (6.07%), Vitamin B6: 0.11mg (5.46%), Fiber: 1.35g (5.4%), Zinc: 0.79mg (5.24%), Magnesium: 19.17mg (4.79%), Potassium: 163.89mg (4.68%), Vitamin B5: 0.41mg (4.09%), Vitamin E: 0.54mg (3.59%), Vitamin B12: 0.14µg (2.4%)