



Grilled Fontina with Artichokes and Mushrooms

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 inch bread country-style
- ☐ 0.5 pound fontina thinly sliced
- ☐ 6 ounce marinated artichoke drained sliced
- ☐ 0.5 pound mushrooms thinly sliced
- ☐ 2 tablespoons olive oil

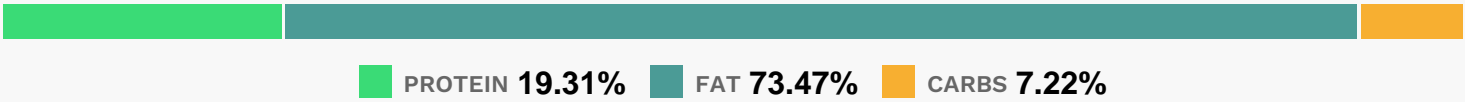
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a 10-inch heavy skillet over moderately high heat, then sauté mushrooms, stirring occasionally, until tender and starting to brown, about 4 minutes.
- ☐ Add artichoke hearts and cook, stirring occasionally, 2 minutes. Season with salt and pepper.
- ☐ Brush 1 side of bread slices with remaining tablespoon olive oil. Turn over 4 slices, then divide mushroom mixture and cheese among them. Top with remaining slices, oiled sides up.
- ☐ Heat a dry 12-inch heavy skillet over moderate heat until hot, then cook sandwiches, pressing occasionally and turning over once, until bread is golden brown and cheese is melted, about 5 minutes total.

Nutrition Facts



Properties

Glycemic Index:29.42, Glycemic Load:1.46, Inflammation Score:-6, Nutrition Score:10.842608762824%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 350.39kcal (17.52%), Fat: 28.8g (44.3%), Saturated Fat: 12.33g (77.05%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 4.82g (1.75%), Sugar: 2.61g (2.9%), Cholesterol: 65.77mg (21.92%), Sodium: 633.18mg (27.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.03g (34.06%), Calcium: 326.09mg (32.61%), Phosphorus: 249.04mg (24.9%), Vitamin B2: 0.35mg (20.68%), Selenium: 14.41µg (20.58%), Vitamin A: 942.97IU (18.86%), Vitamin B12: 0.98µg (16.25%), Zinc: 2.31mg (15.42%), Vitamin C: 10.13mg (12.28%), Vitamin B3: 2.31mg (11.55%), Vitamin B5: 1.12mg (11.18%), Copper: 0.2mg (9.96%), Vitamin E: 1.17mg (7.82%), Potassium: 221.14mg (6.32%), Fiber: 1.54g (6.18%), Vitamin K: 5.84µg (5.57%), Vitamin B6: 0.11mg (5.48%), Iron: 0.87mg (4.85%), Vitamin B1: 0.07mg (4.73%), Folate: 15.74µg (3.93%), Manganese: 0.07mg (3.62%), Magnesium: 14.34mg (3.59%), Vitamin D: 0.45µg (3.02%)