






 **7%**  
HEALTH SCORE

# Grilled Fontina with Artichokes and Mushrooms

 Vegetarian

READY IN  
  
**25 min.**

SERVINGS  
  
**4**

CALORIES  
  
**363 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
- 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

 **PROTEIN 20.37%**  **FAT 70.73%**  **CARBS 8.9%**

## Properties

Glycemic Index:37.42, Glycemic Load:1.87, Inflammation Score:-6, Nutrition Score:14.24826088159%

## 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: 362.86kcal (18.14%), Fat: 28.99g (44.6%), Saturated Fat: 12.36g (77.23%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 6.1g (2.22%), Sugar: 3.73g (4.15%), Cholesterol: 65.77mg (21.92%), Sodium: 636.01mg (27.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.57%), Vitamin B2: 0.58mg (34.09%), Calcium: 327.79mg (32.78%), Phosphorus: 297.8mg (29.78%), Selenium: 19.68µg (28.12%), Vitamin B3: 4.36mg (21.78%), Vitamin B5: 1.97mg (19.67%), Copper: 0.38mg (18.97%), Vitamin A: 942.97IU (18.86%), Zinc: 2.61mg (17.38%), Vitamin B12: 1µg (16.63%), Vitamin C: 11.32mg (13.72%), Potassium: 401.44mg (11.47%), Fiber: 2.11g (8.45%), Vitamin B6: 0.17mg (8.43%), Vitamin E: 1.18mg (7.86%), Vitamin B1: 0.12mg (7.79%), Iron: 1.16mg (6.43%), Folate: 25.38µg (6.34%), Vitamin K: 5.84µg (5.57%), Manganese: 0.1mg (4.95%), Magnesium: 19.45mg (4.86%), Vitamin D: 0.57µg (3.78%)