



Grilled Garden Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce mushrooms fresh sliced
- ☐ 3 tablespoons butter divided softened
- ☐ 2 tablespoons mayonnaise
- ☐ 4 slices monterrey jack cheese
- ☐ 4 slices process american cheese
- ☐ 0.5 purple onion thinly sliced
- ☐ 2 tomatoes sliced
- ☐ 8 slices sandwich bread

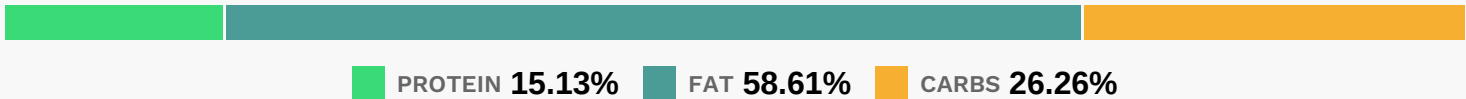
Equipment

☐ frying pan

Directions

- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- ☐ Add sliced mushrooms and onion, and saut 5 minutes or until tender.
- ☐ Drain.
- ☐ Spread mayonnaise on 1 side of half of bread slices; top with Monterey Jack cheese and tomato. Spoon mushroom mixture evenly over tomato; top with American cheese. Cover with remaining bread slices.
- ☐ Spread 1 tablespoon butter on 1 side of each sandwich. Cook sandwiches, buttered side down, in a hot nonstick skillet or griddle over medium heat until browned.
- ☐ Spread remaining 1 tablespoon butter evenly on ungrilled side; turn and cook until lightly browned.

Nutrition Facts



Properties

Glycemic Index:68.94, Glycemic Load:19.14, Inflammation Score:-8, Nutrition Score:18.625652209572%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 469.49kcal (23.47%), Fat: 30.97g (47.65%), Saturated Fat: 12.17g (76.09%), Carbohydrates: 31.23g (10.41%), Net Carbohydrates: 28.54g (10.38%), Sugar: 6.65g (7.39%), Cholesterol: 48.86mg (16.29%), Sodium: 907.34mg (39.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.98%), Calcium: 548.55mg (54.86%), Phosphorus: 386.82mg (38.68%), Selenium: 25.4µg (36.29%), Vitamin B2: 0.53mg (30.99%), Vitamin A: 1306.97IU (26.14%), Vitamin B3: 4.85mg (24.26%), Vitamin B1: 0.34mg (22.51%), Manganese: 0.42mg (21.13%), Folate: 84.15µg (21.04%), Vitamin K: 17.67µg (16.83%), Copper: 0.3mg (15.2%), Zinc: 2.24mg (14.91%), Iron: 2.51mg

(13.93%), Vitamin B5: 1.35mg (13.53%), Potassium: 460.84mg (13.17%), Vitamin C: 10.65mg (12.91%), Fiber: 2.69g (10.75%), Vitamin B6: 0.21mg (10.28%), Magnesium: 40.15mg (10.04%), Vitamin B12: 0.59µg (9.82%), Vitamin E: 1.25mg (8.31%), Vitamin D: 0.42µg (2.81%)