



Grilled Mushroom and Swiss

 Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 1 tablespoon butter softened
- ☐ 0.3 cup mushrooms fresh sliced
- ☐ 1 serving salt and ground pepper black to taste
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 slices swiss cheese

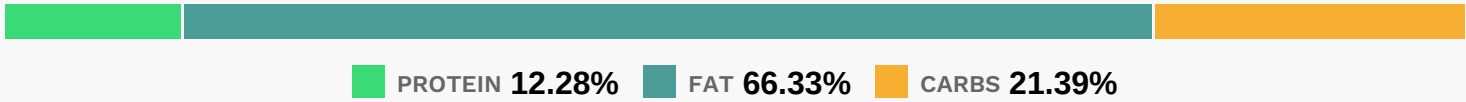
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a skillet over medium heat, and cook and stir mushrooms and spinach until mushrooms are tender and spinach is wilted, about 3 minutes. Season to taste with salt and pepper; set aside.
- ☐ Spread one side of each bread slice with butter.
- ☐ Place one bread slice, buttered side down, into the skillet. Top with the Swiss cheese, then spread the mushroom mixture on top of the cheese. Cover with the second slice of bread, buttered side up. Cook until the sandwich is golden brown on both sides, turning once.
- ☐ Cut in half and serve hot.

Nutrition Facts



Properties

Glycemic Index:199.67, Glycemic Load:14.61, Inflammation Score:-5, Nutrition Score:15.2656523378%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 516.73kcal (25.84%), Fat: 38.52g (59.25%), Saturated Fat: 15.72g (98.25%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 25.44g (9.25%), Sugar: 3.69g (4.1%), Cholesterol: 61.72mg (20.57%), Sodium: 419.3mg (18.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.04g (32.09%), Selenium: 28.74µg (41.06%), Calcium: 377.26mg (37.73%), Manganese: 0.69mg (34.66%), Phosphorus: 291.56mg (29.16%), Vitamin B2: 0.35mg (20.33%), Vitamin B3: 4.02mg (20.12%), Vitamin E: 2.65mg (17.7%), Vitamin B12: 1.06µg (17.67%), Vitamin B1: 0.25mg (16.94%), Zinc: 2.21mg (14.71%), Folate: 55.18µg (13.79%), Vitamin A: 633.73IU (12.67%), Iron: 2.27mg (12.62%), Vitamin K: 12.79µg (12.18%), Fiber: 2.51g (10.02%), Vitamin B5: 0.98mg (9.81%), Magnesium: 36.79mg (9.2%), Copper: 0.18mg (8.83%), Vitamin B6: 0.11mg (5.58%), Potassium: 184.25mg (5.26%)