



Grilled Mushroom Sandwich With Citrus Mayo

 Vegetarian  Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



1592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 clove garlic minced
- ☐ 4 slices gouda cheese smoked
- ☐ 0.3 cup mayonnaise
- ☐ 10 ounce salad greens mixed
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons orange juice
- ☐ 4 portobello mushroom caps

- ☐ 12 ounce roasted bell peppers red
- ☐ 4 rolls sourdough bread

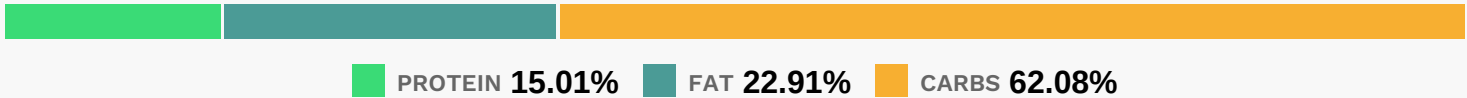
Equipment

- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Whisk together olive oil, balsamic vinegar, and garlic until well blended.
- ☐ Pour over mushroom caps in a resealable bag to coat, then seal and allow to marinate for 30 minutes. Stir together mayonnaise and orange juice, and set aside.
- ☐ Preheat an outdoor grill for medium heat.
- ☐ Remove mushroom caps from the marinade and shake off excess.
- ☐ Place each mushroom cap upside down on a square piece of foil.
- ☐ Place roasted peppers on top, and seal. Cook on preheated grill until tender, about 15 minutes, turning occasionally. When the mushrooms are nearly done, cut open the sourdough rolls and grill until golden brown on the cut sides.
- ☐ To assemble the sandwiches, spread the cut sides of the rolls with orange mayonnaise, and layer with mushroom, roasted pepper, Gouda cheese, and the mixed greens.

Nutrition Facts



Properties

Glycemic Index:72.38, Glycemic Load:183.35, Inflammation Score:-10, Nutrition Score:56.15826091559%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg,

Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1591.87kcal (79.59%), Fat: 40.76g (62.72%), Saturated Fat: 10.92g (68.28%), Carbohydrates: 248.58g (82.86%), Net Carbohydrates: 236.46g (85.99%), Sugar: 26.91g (29.89%), Cholesterol: 42.04mg (14.01%), Sodium: 4285.61mg (186.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.1g (120.19%), Vitamin B1: 3.33mg (221.89%), Selenium: 150.62µg (215.16%), Folate: 630.35µg (157.59%), Manganese: 2.71mg (135.56%), Vitamin B3: 26.53mg (132.63%), Vitamin B2: 2.21mg (130.09%), Iron: 19.39mg (107.75%), Phosphorus: 784.36mg (78.44%), Vitamin C: 60.47mg (73.3%), Copper: 1.1mg (54.96%), Calcium: 500.32mg (50.03%), Fiber: 12.11g (48.45%), Zinc: 6.68mg (44.55%), Magnesium: 174.03mg (43.51%), Vitamin B6: 0.86mg (42.77%), Vitamin K: 38.52µg (36.69%), Potassium: 1159.8mg (33.14%), Vitamin A: 1445.48IU (28.91%), Vitamin B5: 2.74mg (27.43%), Vitamin E: 2.66mg (17.76%), Vitamin B12: 0.53µg (8.77%), Vitamin D: 0.44µg (2.93%)