



## Grilled Portabella and Bell Pepper Sandwiches

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 large portabello mushrooms fresh
- 1 large bell pepper cut into 1/4-inch slices
- 1 large onion red sliced
- 1 tablespoon vegetable oil
- 0.5 teaspoon lawry's seasoned salt
- 1 flour (8 or 9 inch)
- 0.3 cup salad dressing
- 0.3 cup basil pesto

4 leaf romaine leaves

## Equipment

grill

wok

## Directions

Heat gas or charcoal grill.

Brush mushrooms, bell pepper and onion with oil; sprinkle with seasoned salt.

Place vegetables in grill basket (grill "wok").

Place grill basket on grill over medium heat. Cover grill; cook 10 to 12 minutes, shaking basket occasionally to turn vegetables, until bell pepper and onion are crisp-tender and mushrooms are just tender.

Cut bread horizontally in half.

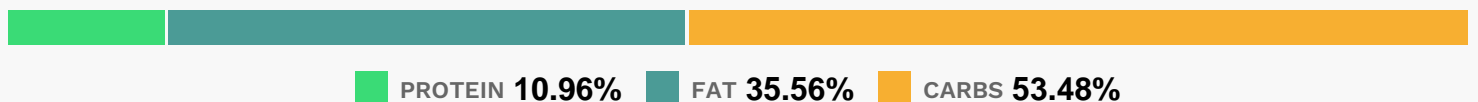
Mix mayonnaise and pesto; spread over cut sides of bread.

Layer lettuce and grilled vegetables on bottom half of bread.

Add top of bread.

Cut into 6 wedges.

## Nutrition Facts



## Properties

Glycemic Index:16.67, Glycemic Load:13.07, Inflammation Score:-7, Nutrition Score:10.34000003597%

## Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

## Nutrients (% of daily need)

Calories: 288.89kcal (14.44%), Fat: 11.78g (18.12%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 39.84g (13.28%), Net Carbohydrates: 36.62g (13.32%), Sugar: 6.49g (7.21%), Cholesterol: 0.83mg (0.28%), Sodium: 752.33mg (32.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.33%), Vitamin C: 36.5mg (44.25%), Selenium: 15.94µg (22.78%), Vitamin A: 1117.38IU (22.35%), Vitamin B3: 4.08mg (20.4%), Fiber: 3.22g (12.89%), Copper: 0.25mg (12.7%), Vitamin B6: 0.23mg (11.64%), Potassium: 399.76mg (11.42%), Vitamin B5: 1.07mg (10.67%), Vitamin K: 11.06µg (10.54%), Phosphorus: 104.81mg (10.48%), Folate: 39.83µg (9.96%), Vitamin B2: 0.14mg (8.12%), Manganese: 0.12mg (5.89%), Vitamin E: 0.85mg (5.69%), Vitamin B1: 0.08mg (5.03%), Zinc: 0.55mg (3.69%), Iron: 0.51mg (2.83%), Calcium: 26.92mg (2.69%), Vitamin D: 0.25µg (1.68%), Magnesium: 5.69mg (1.42%)