



Grilled Portabella and Bell Pepper Sandwiches

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

1 tablespoon vegetable oil

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.

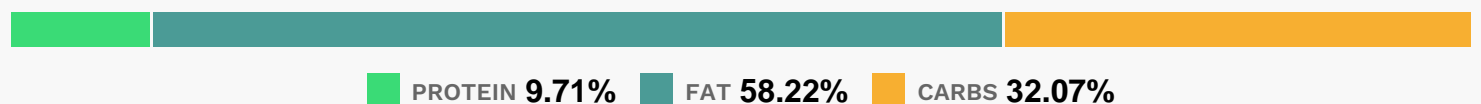
Mix mayonnaise and pesto; spread over cut sides of bread.

Layer lettuce and grilled vegetables on bottom half of bread.

Add top of bread.

Cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:19.61, Glycemic Load:1.91, Inflammation Score:-7, Nutrition Score:10.766521782979%

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: 129.33kcal (6.47%), Fat: 8.76g (13.48%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 8.52g (3.1%), Sugar: 5.69g (6.32%), Cholesterol: 0.83mg (0.28%), Sodium: 419.28mg (18.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.57%), Vitamin C: 36.51mg (44.26%), Selenium: 17.29µg (24.7%), Vitamin A: 1117.47IU (22.35%), Vitamin B3: 4.34mg (21.7%), Copper: 0.26mg (13.05%), Vitamin B6: 0.24mg (11.9%), Potassium: 406.34mg (11.61%), Phosphorus: 110.83mg (11.08%), Vitamin B5: 1.11mg (11.05%), Folate: 43.8µg (10.95%), Vitamin K: 11.29µg (10.76%), Fiber: 2.34g (9.35%), Vitamin B2: 0.15mg (8.81%), Manganese: 0.17mg (8.67%), Vitamin B1: 0.09mg (6.3%), Vitamin E: 0.86mg (5.75%), Zinc: 0.6mg (4.01%), Iron: 0.68mg (3.77%), Calcium: 32.75mg (3.28%), Magnesium: 7.61mg (1.9%), Vitamin D: 0.25µg (1.68%)