



Grilled Portobello and Roasted Red Pepper Sandwich with Pistachio Pesto



Vegetarian



Vegan



Dairy Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



356 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 serving balsamic vinegar
- ☐ 2 slices bread (I used ciabatta)
- ☐ 1 serving olive oil
- ☐ 1 tablespoon pistachio pesto (or basil pesto)
- ☐ 1 portobello mushroom
- ☐ 1 roasted pepper red
- ☐ 1 handful pkt spinach

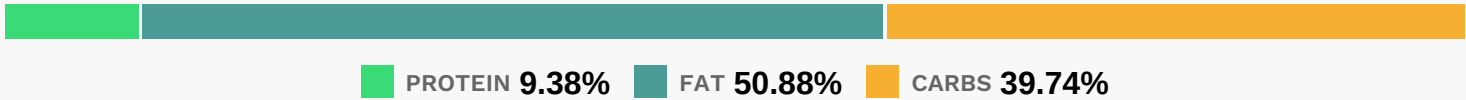
Equipment

☐ grill

Directions

- ☐ Brush the mushroom with balsamic vinegar.
- ☐ Brush the grill with oil.
- ☐ Grill the portobello mushroom until tender, about 3–6 minutes per side.
- ☐ Assemble sandwich.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:18.535217546898%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 356.17kcal (17.81%), Fat: 20.46g (31.48%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 32.92g (11.97%), Sugar: 5.1g (5.66%), Cholesterol: 1.2mg (0.4%), Sodium: 956.4mg (41.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.97%), Vitamin K: 153.33µg (146.03%), Vitamin A: 3307.9IU (66.16%), Vitamin C: 25.64mg (31.07%), Selenium: 16.03µg (22.91%), Folate: 87.64µg (21.91%), Vitamin B3: 4.2mg (20.98%), Manganese: 0.41mg (20.36%), Vitamin E: 2.64mg (17.61%), Copper: 0.33mg (16.57%), Potassium: 545.24mg (15.58%), Vitamin B6: 0.25mg (12.43%), Fiber: 3.05g (12.21%), Phosphorus: 115.86mg (11.59%), Vitamin B2: 0.18mg (10.41%), Vitamin B5: 0.99mg (9.91%), Iron: 1.65mg (9.17%), Calcium: 76mg (7.6%), Magnesium: 29.69mg (7.42%), Vitamin B1: 0.08mg (5.48%), Zinc: 0.68mg (4.56%), Vitamin D: 0.25µg (1.68%)