



## Grilled Portobello, Bell Pepper, and Goat Cheese Sandwiches

 Vegetarian

READY IN



34 min.

SERVINGS



4

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 4 ounces goat cheese soft
- ☐ 1 tablespoon olive oil
- ☐ 16 inch portabello mushrooms

- ☐ 1 bell pepper red seeded cut in half and
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce portugese rolls
- ☐ 1 bell pepper yellow seeded cut in half and

## Equipment


- ☐ bowl
- ☐ frying pan
- ☐ grill

## Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Combine balsamic vinegar, olive oil, and garlic in a large bowl.
- ☐ Add bell peppers and portobello mushrooms; toss gently to coat.
- ☐ Remove vegetables from vinegar mixture, and discard vinegar mixture.
- ☐ Place bell peppers and mushrooms on a grill rack coated with cooking spray; grill 4 minutes on each side.
- ☐ Remove vegetables from grill; cool slightly.
- ☐ Cut bell peppers into thin strips.
- ☐ Combine bell peppers, basil, salt, and black pepper in a small bowl.
- ☐ Cut rolls in half horizontally; spread cheese evenly over cut sides of rolls. Arrange 1 mushroom cap on bottom half of each roll; top each serving with about 1/3 cup bell pepper mixture and top half of roll.
- ☐ Place sandwiches on grill rack coated with cooking spray.
- ☐ Place a cast-iron or other heavy skillet on top of sandwiches; press gently to flatten. Grill 3 minutes on each side or until bread is toasted (leave cast-iron skillet on sandwiches while they cook).

## Nutrition Facts



 **PROTEIN 15.22%**  **FAT 37.07%**  **CARBS 47.71%**

Properties

Glycemic Index:71.75, Glycemic Load:20.17, Inflammation Score:-8, Nutrition Score:13.406956576783%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 278.05kcal (13.9%), Fat: 11.44g (17.6%), Saturated Fat: 4.65g (29.07%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 31.18g (11.34%), Sugar: 7.61g (8.46%), Cholesterol: 13.04mg (4.35%), Sodium: 489.94mg (21.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Vitamin C: 93.27mg (113.05%), Iron: 9.56mg (53.13%), Vitamin A: 1390.07IU (27.8%), Copper: 0.29mg (14.47%), Vitamin K: 12.59µg (11.99%), Vitamin B6: 0.24mg (11.76%), Phosphorus: 103.92mg (10.39%), Vitamin B2: 0.16mg (9.19%), Manganese: 0.18mg (8.81%), Fiber: 1.95g (7.82%), Folate: 29.07µg (7.27%), Vitamin E: 1.04mg (6.97%), Calcium: 60.33mg (6.03%), Vitamin B3: 1.16mg (5.8%), Potassium: 198.68mg (5.68%), Vitamin B5: 0.46mg (4.63%), Selenium: 2.92µg (4.17%), Magnesium: 15.27mg (3.82%), Vitamin B1: 0.05mg (3.5%), Zinc: 0.48mg (3.19%)