



Grilled Portobello Club



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons penzey's southwest seasoning dried italian
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 8 ounce onion buns
- ☐ 0.5 teaspoon pepper

- ☐ 16 inch portobello mushroom caps
- ☐ 2 ounce provolone cheese
- ☐ 0.3 cup roasted bell pepper sauce red
- ☐ 2 romaine lettuce leaves halved
- ☐ 1 inch tomatoes
- ☐ 2 tablespoons water

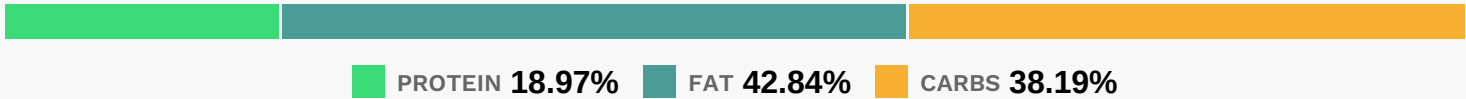
Equipment

- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 9 ingredients in a large zip-top plastic bag; seal and marinate 30 minutes.
- ☐ Remove mushrooms from bag, reserving marinade.
- ☐ Prepare grill or broiler.
- ☐ Place mushrooms on grill rack or broiler pan coated with cooking spray; grill 6 minutes on each side or until browned, basting occasionally with reserved marinade.
- ☐ Spread 1 1/2 teaspoons Roasted Red Bell Pepper Sauce over cut sides of rolls.
- ☐ Place 1 mushroom cap on bottom half of roll; top with 1 cheese slice, 1 lettuce half, 1 tomato slice, and roll top. Repeat procedure with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:2.12, Inflammation Score:-8, Nutrition Score:7.9469564349755%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg

Nutrients (% of daily need)

Calories: 101.81kcal (5.09%), Fat: 5.01g (7.71%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 8g (2.91%), Sugar: 4.36g (4.85%), Cholesterol: 9.78mg (3.26%), Sodium: 230.04mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Vitamin A: 1415.76IU (28.32%), Vitamin K: 22.19µg (21.14%), Calcium: 151.49mg (15.15%), Vitamin C: 12.31mg (14.92%), Manganese: 0.24mg (11.82%), Phosphorus: 110.13mg (11.01%), Folate: 39.56µg (9.89%), Fiber: 2.05g (8.19%), Vitamin B6: 0.15mg (7.66%), Selenium: 4.59µg (6.56%), Potassium: 226.98mg (6.49%), Vitamin B2: 0.09mg (5.57%), Iron: 0.92mg (5.11%), Zinc: 0.72mg (4.77%), Copper: 0.09mg (4.6%), Magnesium: 17.64mg (4.41%), Vitamin B1: 0.05mg (3.61%), Vitamin B3: 0.71mg (3.54%), Vitamin B12: 0.21µg (3.53%), Vitamin B5: 0.31mg (3.08%), Vitamin E: 0.41mg (2.73%)