



Grilled Portobello Mushroom Sandwich

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup balsamic vinaigrette dressing kraft
- 2 Tbsp chipotle chile peppers divided chopped
- 6 hamburger buns
- 6 singles kraft
- 0.3 cup real mayo mayonnaise kraft
- 1.5 lb portabello mushrooms
- 1 large onion red cut into 6 slices
- 1 large tomatoes cut into 6 slices

2 large zucchini cut into 6 slices

Equipment

grill

Directions

Heat grill to medium heat.

Mix dressing and 1 Tbsp. chiles.

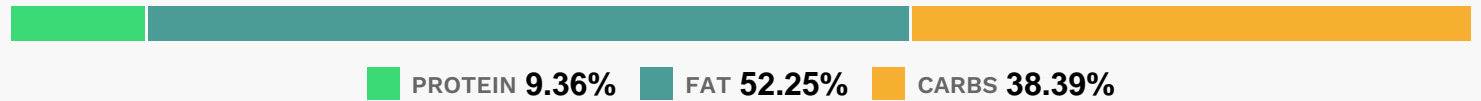
Combine mayo and remaining chiles.

Toss mushrooms and zucchini with 1/2 cup dressing mixture. Grill with onions 10 min., turning occasionally and brushing with remaining dressing mixture.

Place Singles on rounded sides of mushrooms; grill 1 min. or until melted. Meanwhile, toast buns on grill.

Spread buns with mayo mixture; fill with mushrooms, remaining grilled vegetables and tomatoes.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:2.79, Inflammation Score:-2, Nutrition Score:3.8043478157209%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 77.3kcal (3.86%), Fat: 4.57g (7.03%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 6.47g (2.35%), Sugar: 2.68g (2.98%), Cholesterol: 1.08mg (0.36%), Sodium: 119.05mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Selenium: 6.68µg (9.54%), Vitamin B3: 1.52mg (7.58%), Vitamin C: 5.07mg (6.14%), Manganese: 0.11mg (5.66%), Vitamin K: 5.89µg (5.61%), Folate: 21.33µg (5.33%), Vitamin B1: 0.07mg (4.93%), Potassium: 169.95mg (4.86%), Phosphorus: 46.25mg (4.63%), Vitamin B2: 0.08mg

(4.61%), Copper: 0.09mg (4.56%), Fiber: 1.08g (4.33%), Vitamin B6: 0.08mg (4.18%), Vitamin B5: 0.32mg (3.17%), Iron: 0.47mg (2.64%), Calcium: 20.17mg (2.02%), Vitamin A: 99.71IU (1.99%), Zinc: 0.28mg (1.85%), Magnesium: 6.91mg (1.73%), Vitamin E: 0.17mg (1.12%)