



Grilled Portobello Panini



Vegetarian

READY IN

ready

35 min.

SERVINGS

servings

2

CALORIES

calories

786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup baby arugula



1 loaf ciabatta bread



2 tablespoons basil fresh chopped



2 tablespoons chives fresh chopped



1 clove garlic peeled smashed



2 servings kosher salt and pepper black freshly ground



4 ounces cream cheese low-fat at room temperature



2 servings olive oil

- ☐ 2 large portabello mushrooms sliced thin
- ☐ 1 small pepper red quartered

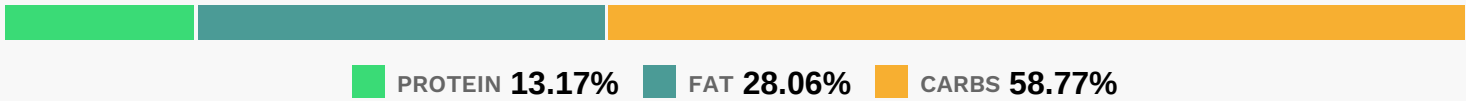
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill pan to medium-high heat.
- ☐ Add the mushrooms and red peppers to a sheet tray, drizzle with olive oil and sprinkle with salt and pepper. Toss to coat. Grill the portobellos for 3 minutes per side, 6 minutes total. Grill the red peppers for 5 minutes per side, 10 minutes total.
- ☐ Remove from the grill and set aside until cool enough to handle.
- ☐ Cut two 4-inch pieces of bread, then slice in half lengthwise.
- ☐ Spread the Herbed Cream Cheese
- ☐ Spread on each piece of bread. Pile on the grilled portobellos, red peppers and arugula on 2 slices of the bread and close the sandwiches.
- ☐ Place the sandwiches on top of the hot grill pan and place a cast-iron skillet on top to press. Cook for 3 to 4 minutes, and then flip and cook 3 to 4 more minutes on the remaining side. Slice on a diagonal and serve.
- ☐ Add the cream cheese, basil, chives and garlic to a bowl of a food processor and pulse until smooth and combined. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:120.5, Glycemic Load:0.69, Inflammation Score:-8, Nutrition Score:16.360869635706%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 786.17kcal (39.31%), Fat: 24.73g (38.05%), Saturated Fat: 8.08g (50.48%), Carbohydrates: 116.54g (38.85%), Net Carbohydrates: 111.96g (40.71%), Sugar: 7.13g (7.93%), Cholesterol: 30.62mg (10.21%), Sodium: 1317.16mg (57.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.22%), Vitamin C: 50.68mg (61.43%), Vitamin A: 1826.87IU (36.54%), Vitamin K: 31.19µg (29.71%), Selenium: 18.19µg (25.99%), Vitamin B3: 4.27mg (21.36%), Phosphorus: 194.44mg (19.44%), Vitamin E: 2.82mg (18.78%), Fiber: 4.59g (18.35%), Potassium: 564.59mg (16.13%), Vitamin B5: 1.6mg (16%), Folate: 60.73µg (15.18%), Vitamin B2: 0.26mg (15.1%), Vitamin B6: 0.29mg (14.36%), Copper: 0.29mg (14.33%), Calcium: 106.62mg (10.66%), Manganese: 0.19mg (9.68%), Vitamin B12: 0.56µg (9.39%), Vitamin B1: 0.1mg (6.7%), Zinc: 0.94mg (6.24%), Iron: 0.81mg (4.52%), Magnesium: 14.41mg (3.6%), Vitamin D: 0.42µg (2.81%)