



## Grilled Portobello Sandwich

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup real mayo mayonnaise kraft
- 4 portabello mushrooms cored
- 4 slices onion red ()
- 4 sandwich rolls whole wheat split
- 4 swiss singles kraft

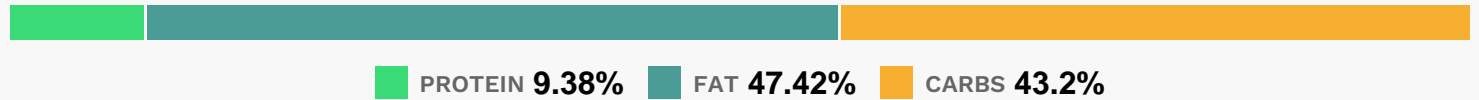
### Equipment

- grill

## Directions

- Heat grill to medium heat.
- Brush mushrooms and onions with dressing. Grill 3 min. on each side.
- Brush with any remaining dressing; grill an additional 2 min. on each side.
- Spread cut sides of rolls with mayo; fill with mushrooms, onions and Singles.

## Nutrition Facts



## Properties

Glycemic Index:7.27, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:9.2239130372586%

## Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## Nutrients (% of daily need)

Calories: 97.58kcal (4.88%), Fat: 5.21g (8.01%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 9.76g (3.55%), Sugar: 2g (2.22%), Cholesterol: 1.57mg (0.52%), Sodium: 213.61mg (9.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Vitamin K: 116.82µg (111.26%), Vitamin A: 788.17IU (15.76%), Selenium: 10.49µg (14.98%), Vitamin B3: 1.72mg (8.58%), Manganese: 0.14mg (6.99%), Vitamin B1: 0.09mg (6.31%), Folate: 23.4µg (5.85%), Copper: 0.12mg (5.77%), Vitamin B2: 0.09mg (5.5%), Vitamin C: 4.15mg (5.03%), Phosphorus: 48.32mg (4.83%), Iron: 0.83mg (4.64%), Potassium: 159.24mg (4.55%), Vitamin E: 0.61mg (4.03%), Magnesium: 15.27mg (3.82%), Fiber: 0.91g (3.64%), Vitamin B5: 0.35mg (3.51%), Vitamin B6: 0.06mg (3.05%), Calcium: 23.82mg (2.38%), Zinc: 0.33mg (2.17%)