



Hot Portobello Mushroom Sandwich

READY IN



15 min.

SERVINGS



1

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 2 slices havarti cheese
- ☐ 1 tablespoon pimento-stuffed olives green sliced
- ☐ 1 portobello mushroom cap cut into 1/2-inch slices
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 slices pumpernickel rye bread

Equipment

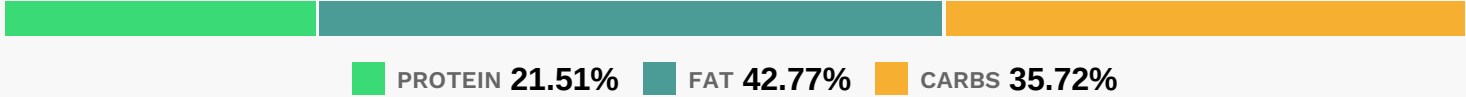
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place mushroom slices in a bowl.
- ☐ Sprinkle mushrooms with red wine vinegar.
- ☐ Lay the bread slices on a baking sheet.
- ☐ Spread mustard evenly on one slice. Arrange the mushroom slices on the slice of bread with the mustard.
- ☐ Place the green olive slices on the other slice of bread. Cover each piece of bread with the Havarti cheese.
- ☐ Bake in preheated oven until the cheese melts, 5 to 7 minutes.
- ☐ Remove from oven and put the slices together to make a sandwich.

Nutrition Facts



Properties

Glycemic Index:84.33, Glycemic Load:14.28, Inflammation Score:-6, Nutrition Score:20.738695738108%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 398.97kcal (19.95%), Fat: 19.15g (29.45%), Saturated Fat: 10.34g (64.62%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 30.26g (11.01%), Sugar: 4.82g (5.36%), Cholesterol: 49.28mg (16.43%), Sodium: 1107.28mg (48.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.66g (43.32%), Selenium: 45.33µg (64.76%), Phosphorus: 485.24mg (48.52%), Calcium: 403.67mg (40.37%), Manganese: 0.69mg (34.39%), Folate: 128.81µg (32.2%), Vitamin B3: 6.37mg (31.83%), Vitamin B2: 0.52mg (30.52%), Vitamin B1: 0.39mg (25.69%), Zinc: 3.52mg (23.46%), Fiber: 5.71g (22.85%), Copper: 0.43mg (21.48%), Vitamin B5: 1.48mg (14.76%), Iron: 2.51mg (13.92%), Potassium: 481.29mg (13.75%), Vitamin B12: 0.81µg (13.58%), Magnesium: 49.34mg (12.34%), Vitamin B6: 0.24mg (11.78%), Vitamin A: 490.65IU (9.81%), Vitamin E: 0.97mg (6.45%), Vitamin D: 0.4µg (2.67%), Vitamin K: 1.11µg (1.05%)