



## Italian Portobello Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup mayonnaise fat-free
- 2 tablespoons basil fresh chopped
- 1 teaspoon olive oil
- 2 cups portobello mushrooms caps sliced
- 2 ounce provolone cheese
- 0.5 inch onion red separated
- 0.7 cup bottled roasted bell peppers red

6 ounce sourdough bread

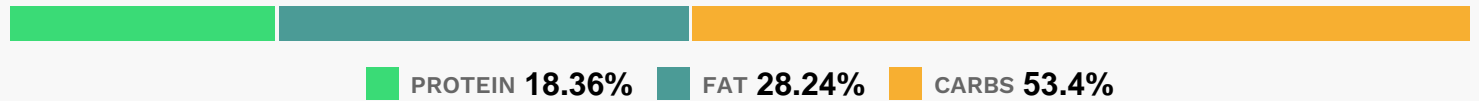
## Equipment

frying pan

## Directions

- Heat olive oil in a large nonstick skillet over medium heat.
- Add mushrooms and onion; cover and cook 7 minutes or until onion is tender, stirring occasionally.
- Remove from heat; cool.
- Combine the mayonnaise, basil, and black pepper.
- Spread 1 tablespoon mayonnaise mixture on each bread slice; layer each of 2 slices with 1/3 cup bell peppers, 1/2 cup mushroom mixture, and 1 slice of cheese. Top with remaining bread slices.
- Cut each sandwich in half.

## Nutrition Facts



## Properties

Glycemic Index:118.25, Glycemic Load:34.25, Inflammation Score:-7, Nutrition Score:22.632608724677%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 401.44kcal (20.07%), Fat: 12.84g (19.76%), Saturated Fat: 5.82g (36.4%), Carbohydrates: 54.64g (18.21%), Net Carbohydrates: 50.44g (18.34%), Sugar: 9.25g (10.27%), Cholesterol: 22.16mg (7.39%), Sodium: 1592.43mg (69.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.57%), Selenium: 44.68µg (63.83%), Vitamin B1: 0.67mg (44.86%), Vitamin B3: 8.29mg (41.43%), Folate: 140.51µg (35.13%), Vitamin B2: 0.59mg (34.48%), Phosphorus: 335.27mg (33.53%), Manganese: 0.64mg (32.23%), Calcium: 286.81mg (28.68%), Vitamin C: 22.11mg (26.8%), Iron: 4.25mg (23.6%), Copper: 0.46mg (23.02%), Vitamin K: 18.27µg (17.4%), Fiber: 4.2g (16.81%), Vitamin B6: 0.33mg (16.33%), Zinc: 2.37mg (15.83%), Potassium: 544.12mg (15.55%), Vitamin B5: 1.43mg (14.26%), Vitamin A:

599.02IU (11.98%), Magnesium: 42.64mg (10.66%), Vitamin B12: 0.46µg (7.62%), Vitamin E: 0.58mg (3.86%),  
Vitamin D: 0.4µg (2.66%)