



## Italian-Style Grilled Portobello Sandwich

 Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



431 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tsp classico basil pesto sauce and spread traditional
- 2 slices bread italian
- 0.3 cup marinated artichoke hearts with 1 tbsp. marinade reserved, divided drained
- 1 Tbsp miracle whip dressing
- 1 portobello mushroom
- 1 provolone cheese kraft
- 0.5 bell pepper red

### Equipment

grill

## Directions

- Heat grill to medium heat.
- Brush mushroom and pepper with reserved artichoke marinade. Grill 5 min. on each side, brushing with any remaining marinade for the last few minutes.
- Meanwhile, grill bread 1 to 2 min. on each side or until lightly toasted on both sides.
- Slice mushroom and pepper.
- Spread 1 toast slice with dressing; spread remaining toast slice with pesto. Fill toast slices with grilled vegetables, cheese and artichokes to make sandwich.

## Nutrition Facts



## Properties

Glycemic Index:59, Glycemic Load:0.86, Inflammation Score:-9, Nutrition Score:18.28260877858%

## Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 430.98kcal (21.55%), Fat: 28.28g (43.51%), Saturated Fat: 12.25g (76.57%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 28.7g (10.44%), Sugar: 19.53g (21.7%), Cholesterol: 15.35mg (5.12%), Sodium: 706.05mg (30.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.95%), Vitamin C: 86.66mg (105.04%), Vitamin A: 2742.78IU (54.86%), Vitamin B3: 6.19mg (30.94%), Selenium: 18.44µg (26.34%), Phosphorus: 216.03mg (21.6%), Fiber: 5.21g (20.82%), Folate: 77.99µg (19.5%), Calcium: 177.38mg (17.74%), Potassium: 552.16mg (15.78%), Vitamin B6: 0.31mg (15.57%), Vitamin B2: 0.26mg (15.1%), Copper: 0.26mg (12.76%), Vitamin B5: 1.24mg (12.37%), Iron: 1.89mg (10.51%), Vitamin B1: 0.14mg (9.42%), Zinc: 1.29mg (8.58%), Vitamin E: 1mg (6.67%), Manganese: 0.13mg (6.32%), Vitamin B12: 0.32µg (5.32%), Magnesium: 19.26mg (4.82%), Vitamin K: 3.33µg (3.17%), Vitamin D: 0.35µg (2.31%)