



Marinated Portobello Panini

 Vegetarian

READY IN



11 min.

SERVINGS



4

CALORIES



377 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce cheese blue crumbled
- ☐ 0.3 cup garlic-and-herbs spreadable cheese light (such as Alouette)
- ☐ 12 ounce ciabatta bread italian
- ☐ 2 teaspoons dijon mustard
- ☐ 12 basil leaves fresh
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 2 tablespoons olive oil vinaigrette reduced-fat

- ☐ 6 ounce pre- portobello mushrooms
- ☐ 1 medium tomatoes cut into 8 slices

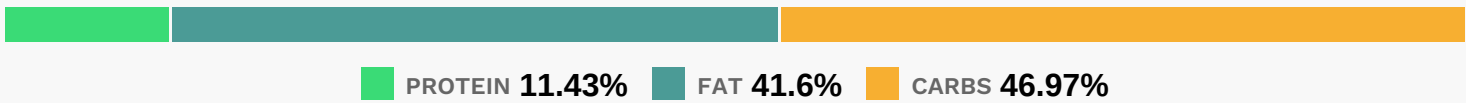
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Place mushrooms in a quart-size zip-top plastic bag.
- ☐ Add vinaigrette; seal bag, and gently toss to coat.
- ☐ Let stand 15 minutes.
- ☐ . While mushrooms marinate, cut bread loaf in half horizontally. Hollow out top and bottom halves of loaf, leaving a 1/2-inch border. Reserve torn bread for another use.
- ☐ Combine cheeses in a small microwave-safe bowl; microwave at HIGH 15 seconds or until soft.
- ☐ Add olives, mustard, and garlic; stir well.
- ☐ Spread mixture on bottom half of loaf; top with basil, tomato, and mushrooms. Top with remaining half of loaf. Coat both sides of sandwich with cooking spray.
- ☐ Heat a large nonstick skillet over medium heat; place sandwich in pan.
- ☐ Place a piece of foil over sandwich; top with a heavy skillet. Cook 2 minutes. Turn sandwich; replace foil and heavy skillet. Cook 1 to 2 minutes or until golden brown.
- ☐ Cut into 4 equal portions.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:6.061739180399%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 376.65kcal (18.83%), Fat: 17.77g (27.35%), Saturated Fat: 6.53g (40.81%), Carbohydrates: 45.15g (15.05%), Net Carbohydrates: 42.88g (15.59%), Sugar: 2g (2.22%), Cholesterol: 25.79mg (8.6%), Sodium: 765.34mg (33.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.98%), Selenium: 9.92µg (14.17%), Vitamin K: 11.96µg (11.39%), Vitamin B3: 2.21mg (11.07%), Vitamin E: 1.54mg (10.27%), Fiber: 2.27g (9.08%), Phosphorus: 85.02mg (8.5%), Vitamin A: 408.49IU (8.17%), Copper: 0.16mg (8.02%), Potassium: 258.22mg (7.38%), Vitamin B5: 0.65mg (6.49%), Vitamin C: 4.56mg (5.52%), Vitamin B6: 0.11mg (5.51%), Vitamin B2: 0.09mg (5.4%), Folate: 20.33µg (5.08%), Calcium: 50.61mg (5.06%), Manganese: 0.1mg (4.78%), Zinc: 0.5mg (3.33%), Vitamin B1: 0.05mg (3.08%), Iron: 0.4mg (2.23%), Magnesium: 8mg (2%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.16µg (1.09%)