



Meat Lite: Portobello and Herbed Ricotta Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon lemon zest
- 8 slices bread toasted
- 1 tablespoon olive oil
- 2 tablespoons parsley minced
- 4 large portobello mushrooms sliced
- 2 ounces pancetta very thin (8 slices)
- 0.3 teaspoon pepper red
- 6 ounces ricotta cheese

- 0.5 teaspoon salt divided
- 1 tablespoon shallots grated

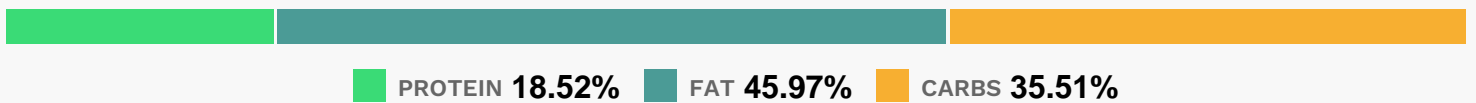
Equipment

- bowl
- frying pan
- whisk

Directions

- In a small bowl, whisk together the ricotta, shallot, parsley, lemon zest, 1/4 teaspoon of the salt, and the red pepper flakes until well combined. Set aside.
- Preheat a large, cast iron skillet over medium-high heat for at least three minutes. Using a brush, lightly film the mushrooms with oil on both sides and season with the remaining 1/4 teaspoon of salt. Arrange a single layer of mushroom slices in the heated pan, leaving plenty of room between slices. Cook, undisturbed, for 5 minutes on the first side, then flip, and cook for an additional 3 minutes on the other side. Do this in two batches if necessary.
- When all the mushrooms have been cooked, spread 1/4 of the ricotta mixture on 4 slices of the toast. Top with 1/4 of the mushroom slices, 2 slices of prosciutto, and the remaining 4 slices of toast.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:14.95, Inflammation Score:-6, Nutrition Score:19.219130484954%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 327.69kcal (16.38%), Fat: 16.96g (26.1%), Saturated Fat: 6.36g (39.76%), Carbohydrates: 29.49g (9.83%), Net Carbohydrates: 24.83g (9.03%), Sugar: 4.91g (5.46%), Cholesterol: 31.04mg (10.35%), Sodium: 683.35mg (29.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.76%), Manganese: 1.27mg (63.55%), Selenium: 39.15µg (55.92%), Vitamin K: 39.89µg (38%), Vitamin B3: 6.92mg (34.58%), Phosphorus: 300.09mg (30.01%), Vitamin B1: 0.32mg (21.12%), Copper: 0.39mg (19.42%), Calcium: 187.01mg (18.7%), Fiber: 4.65g (18.62%), Vitamin B2: 0.3mg (17.66%), Vitamin B6: 0.31mg (15.73%), Potassium: 540.64mg (15.45%), Vitamin B5: 1.53mg (15.28%), Zinc: 2.13mg (14.19%), Folate: 56.08µg (14.02%), Magnesium: 51.24mg (12.81%), Iron: 2.11mg (11.74%), Vitamin A: 401.86IU (8.04%), Vitamin E: 0.99mg (6.63%), Vitamin B12: 0.26µg (4.29%), Vitamin C: 3.02mg (3.66%), Vitamin D: 0.39µg (2.62%)