



Mozzarella-Mushroom Melts

 Vegetarian

READY IN



17 min.

SERVINGS



17

CALORIES



325 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup classico basil pesto sauce and spread traditional
- 2 bread rolls split italian
- 6 oz plum tomatoes seeded cut in half lengthwise,
- 8 oz portabello mushrooms
- 2 milk mozzarella singles 2% kraft
- 0.3 cup viva dressing italian kraft

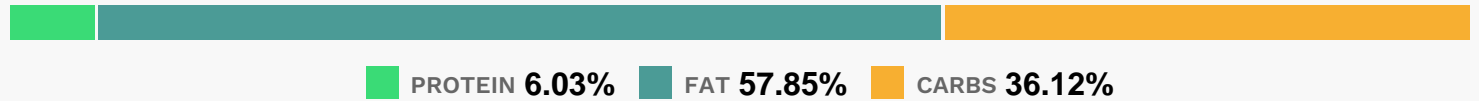
Equipment

- grill

Directions

- Preheat grill to medium heat.
- Place mushrooms, cap-sides up, on grate of grill.
- Brush with about half of the dressing; grill 6 min.
- Turn mushrooms over.
- Add tomatoes to the grill. Cook 3 to 5 min. or until mushrooms are tender and tomatoes are heated through, turning tomatoes after 3 min.
- Spread cut sides of rolls with pesto. Fill evenly with mushrooms, tomatoes and 2% Milk Singles.

Nutrition Facts



Properties

Glycemic Index:2.24, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:3.6230435021546%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 324.69kcal (16.23%), Fat: 20.96g (32.24%), Saturated Fat: 10.58g (66.12%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 27.22g (9.9%), Sugar: 17.56g (19.51%), Cholesterol: 0.31mg (0.1%), Sodium: 268.71mg (11.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.83%), Vitamin B3: 3.06mg (15.31%), Folate: 38.82µg (9.71%), Fiber: 2.22g (8.88%), Iron: 1.22mg (6.77%), Vitamin B1: 0.09mg (5.79%), Potassium: 190.95mg (5.46%), Vitamin B2: 0.07mg (3.97%), Phosphorus: 37.82mg (3.78%), Selenium: 2.57µg (3.68%), Vitamin A: 158.68IU (3.17%), Vitamin K: 2.73µg (2.6%), Magnesium: 10.37mg (2.59%), Copper: 0.04mg (2.24%), Vitamin C: 1.38mg (1.68%), Vitamin B5: 0.16mg (1.61%), Vitamin B6: 0.03mg (1.5%), Zinc: 0.2mg (1.34%), Manganese: 0.02mg (1.08%)