



Mushroom-and-Roasted Pepper Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces diagonally bread italian 1-inch-thick lightly toasted cut ()
- ☐ 6 cups mushrooms sliced
- ☐ 4 ounce pre part-skim mozzarella cheese
- ☐ 0.5 cup water-packed roasted bell peppers red drained cut into thin strips
- ☐ 1.5 teaspoons worcestershire sauce

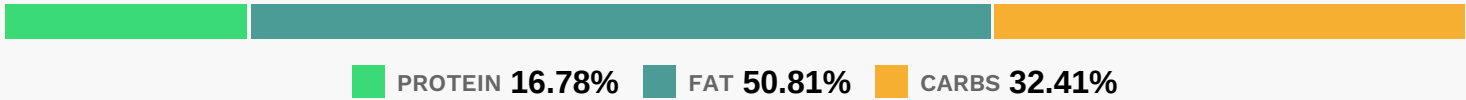
Equipment

- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Coat a large nonstick skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add mushrooms; saut 4 minutes or until lightly browned.
- ☐ Remove from heat; stir in Worcestershire sauce.
- ☐ Spoon about 1/3 cup mushroom mixture onto each bread slice; top each with one-fourth of bell pepper strips and 1 cheese slice.
- ☐ Place sandwiches on a baking sheet, and broil for 2 minutes or until cheese melts.
- ☐ Garnish with thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:14.268695605838%

Nutrients (% of daily need)

Calories: 345.86kcal (17.29%), Fat: 20.07g (30.87%), Saturated Fat: 11.11g (69.45%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 25.65g (9.33%), Sugar: 16.54g (18.37%), Cholesterol: 18.14mg (6.05%), Sodium: 609.27mg (26.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.82%), Vitamin B2: 0.71mg (41.84%), Vitamin B3: 7.25mg (36.27%), Phosphorus: 275.68mg (27.57%), Selenium: 17.54µg (25.05%), Copper: 0.49mg (24.61%), Calcium: 235.6mg (23.56%), Vitamin B5: 2.18mg (21.85%), Potassium: 617.56mg (17.64%), Folate: 56.8µg (14.2%), Vitamin C: 11.45mg (13.88%), Fiber: 3.14g (12.55%), Vitamin B1: 0.19mg (12.48%), Zinc: 1.65mg (11.01%), Iron: 1.93mg (10.75%), Vitamin B6: 0.2mg (10.04%), Magnesium: 28.93mg (7.23%), Manganese: 0.1mg (4.93%), Vitamin B12: 0.29µg (4.83%), Vitamin A: 229.14IU (4.58%), Vitamin D: 0.37µg (2.49%)