



WHATSheATE



Mushroom-Pepper Whole Wheat Sandwiches



Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 medium portabello mushrooms fresh ()
- ☐ 4 slices onion red
- ☐ 2 tablespoons salad dressing reduced-fat
- ☐ 2 teaspoons balsamic vinaigrette reduced-fat
- ☐ 8 slices bread whole wheat
- ☐ 3 oz mozzarella cheese reduced-fat
- ☐ 8 strips roasted peppers red dry () (from 7-oz jar)
- ☐ 8 large basil

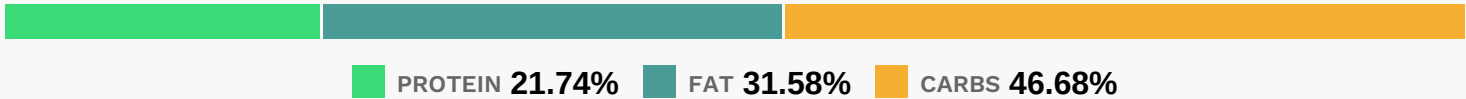
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat closed medium-size contact grill for 5 minutes.
- ☐ Place mushrooms on grill. Close grill; cook 4 to 5 minutes or until slightly softened.
- ☐ Remove mushrooms from grill.
- ☐ Place onion on grill. Close grill; cook 4 to 5 minutes or until slightly softened.
- ☐ Remove onion from grill.
- ☐ In small bowl, mix mayonnaise and vinaigrette; spread over bread slices. Top 4 bread slices with mushrooms, cheese, onion, bell pepper and basil. Top with remaining bread, mayonnaise sides down.
- ☐ Place 2 sandwiches on grill. Close grill; cook 2 to 3 minutes or until sandwiches are golden brown and toasted. Repeat with remaining 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:14.77, Inflammation Score:-5, Nutrition Score:17.334347745647%

Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 255.09kcal (12.75%), Fat: 9.08g (13.96%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 25.45g (9.26%), Sugar: 5.8g (6.45%), Cholesterol: 16.23mg (5.41%), Sodium: 489.12mg (21.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.12%), Manganese: 1.29mg (64.31%), Selenium: 33.21µg (47.45%), Phosphorus: 317.14mg (31.71%), Vitamin B3: 6.31mg (31.56%), Calcium: 266.23mg (26.62%), Copper: 0.38mg (19.16%), Fiber: 4.73g (18.94%), Vitamin K: 19.72µg (18.78%), Vitamin B1: 0.28mg (18.64%), Vitamin B2:

0.27mg (15.97%), Vitamin B6: 0.28mg (14.09%), Potassium: 493.24mg (14.09%), Vitamin B5: 1.38mg (13.78%), Zinc: 2.05mg (13.68%), Folate: 52.48µg (13.12%), Magnesium: 50.14mg (12.54%), Iron: 1.83mg (10.15%), Vitamin B12: 0.22µg (3.61%), Vitamin A: 170.71IU (3.41%), Vitamin C: 2.13mg (2.58%), Vitamin E: 0.36mg (2.39%), Vitamin D: 0.32µg (2.11%)