



Open-Faced Jerk Vegetable Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 8 ounce diagonally bread french cut
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 teaspoon mayonnaise light
- ☐ 3 tablespoons mango chutney

- ☐ 3 ounces muenster cheese thinly sliced cut into 1/8-inch-wide strips
- ☐ 1 teaspoon olive oil divided
- ☐ 0.5 medium onion cut into 1/8-inch-thick slices
- ☐ 1 large bell pepper red cut into 1/4-inch-thick slices
- ☐ 1 cup gourmet salad greens
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon citrus champagne vinegar
- ☐ 1.5 cups diagonally cut zucchini ()

Equipment

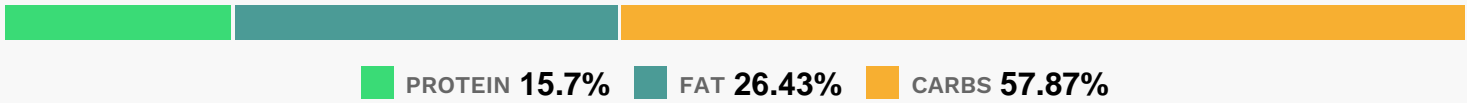
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag.
- ☐ Add zucchini, onion, bell pepper, 1 teaspoon vinegar, and 1/2 teaspoon olive oil; seal and shake well to coat.
- ☐ Let stand 30 minutes, or refrigerate overnight.
- ☐ Heat remaining 1/2 teaspoon olive oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add vegetable mixture, and saut for 5 minutes or until vegetables are tender and begin to brown.
- ☐ Remove from heat, and keep warm.
- ☐ Preheat broiler.
- ☐ Combine chutney and mayonnaise. Arrange bread slices on a baking sheet. Broil 1 minute or until lightly toasted on each side; remove from heat.
- ☐ Spread each slice with about 1 tablespoon chutney mixture; top evenly with cheese. Broil 1 minute or until cheese melts.

Place 1 cheese toast on each of 4 plates; top each serving with 1/4 cup greens and 1/2 cup vegetable mixture.

Nutrition Facts



Properties

Glycemic Index:80.13, Glycemic Load:29.31, Inflammation Score:-9, Nutrition Score:17.942173755687%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 312.05kcal (15.6%), Fat: 9.3g (14.3%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 45.81g (15.27%), Net Carbohydrates: 42.75g (15.54%), Sugar: 13.64g (15.16%), Cholesterol: 20.57mg (6.86%), Sodium: 569.33mg (24.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.85%), Vitamin C: 65.56mg (79.46%), Vitamin A: 1734.52IU (34.69%), Vitamin B1: 0.46mg (30.71%), Selenium: 19.88µg (28.4%), Folate: 110.5µg (27.63%), Manganese: 0.49mg (24.54%), Vitamin B2: 0.41mg (24.1%), Calcium: 201.89mg (20.19%), Phosphorus: 198.81mg (19.88%), Vitamin B3: 3.45mg (17.26%), Iron: 2.89mg (16.06%), Vitamin B6: 0.3mg (14.87%), Fiber: 3.06g (12.25%), Magnesium: 40.71mg (10.18%), Potassium: 355.62mg (10.16%), Zinc: 1.5mg (9.99%), Copper: 0.15mg (7.6%), Vitamin E: 1.09mg (7.25%), Vitamin K: 6.84µg (6.51%), Vitamin B12: 0.31µg (5.21%), Vitamin B5: 0.49mg (4.88%)