



Open-Faced Mushroom, Tomato, and Goat-Cheese Sandwich

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 teaspoon capers
- ☐ 3 ounces goat cheese
- ☐ 0.5 teaspoon olive oil
- ☐ 1 cup onion separated thinly sliced
- ☐ 6 ounce portabello mushrooms thinly sliced
- ☐ 1 cup bell pepper red thinly sliced

- ☐ 2 teaspoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 6 ounce sourdough bread toasted
- ☐ 1.1 inch tomatoes

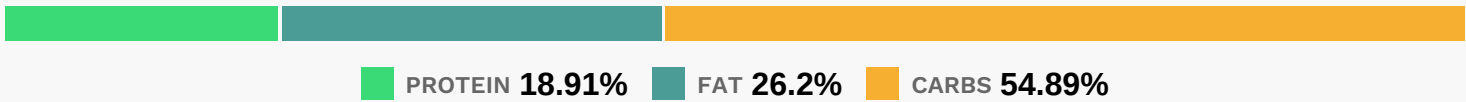
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add onion and bell pepper; saut 4 minutes.
- ☐ Add mushroom caps, and saut 5 minutes or until tender.
- ☐ Remove pan from heat. Stir in the vinegar, capers, salt, and black pepper.
- ☐ Spread about 2 tablespoons cheese over each bread slice, and top each with 3 tomato slices and 2/3 cup mushroom mixture.

Nutrition Facts



Properties

Glycemic Index:69.83, Glycemic Load:24.43, Inflammation Score:-9, Nutrition Score:20.701304031455%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg

Nutrients (% of daily need)

Calories: 282.85kcal (14.14%), Fat: 8.43g (12.96%), Saturated Fat: 4.61g (28.83%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 35.74g (13%), Sugar: 8.66g (9.63%), Cholesterol: 13.04mg (4.35%), Sodium: 667.47mg (29.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.37%), Vitamin C: 67.7mg (82.06%), Selenium: 27.88µg (39.84%), Vitamin A: 1858.29IU (37.17%), Vitamin B1: 0.51mg (33.85%), Folate: 122.31µg (30.58%),

Vitamin B3: 5.96mg (29.81%), Vitamin B2: 0.48mg (28.32%), Manganese: 0.5mg (25.16%), Copper: 0.49mg (24.49%), Phosphorus: 222.42mg (22.24%), Vitamin B6: 0.43mg (21.26%), Iron: 3.3mg (18.33%), Fiber: 3.99g (15.95%), Potassium: 467.73mg (13.36%), Vitamin B5: 1.25mg (12.54%), Zinc: 1.37mg (9.15%), Calcium: 87.67mg (8.77%), Magnesium: 34.58mg (8.64%), Vitamin E: 1.08mg (7.23%), Vitamin K: 4.33µg (4.12%), Vitamin D: 0.28µg (1.89%), Vitamin B12: 0.08µg (1.37%)