



Philly to Texas Grilled Veggie BBQ Sandwich

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



428 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup apple cider vinegar
- 2 baguettes french sliced for sandwiches cut in half and
- 2 cups beef stock
- 3 tablespoons brown sugar
- 4 tablespoons butter
- 4 tablespoons butter softened
- 0.3 cup chipotle canned
- 1 teaspoon cayenne

- 0.5 cup chili powder
- 1 bunch baby green onions
- 2 tablespoons ground cumin
- 1 tablespoon ground pepper black
- 0.5 cup catsup
- 1 tablespoon kosher salt
- 10 servings olive oil
- 0.3 onion chopped
- 0.3 cup paprika spanish
- 4 portobello caps
- 0.1 cup ribbon sorrel red finely chopped
- 2 zucchini sliced

Equipment

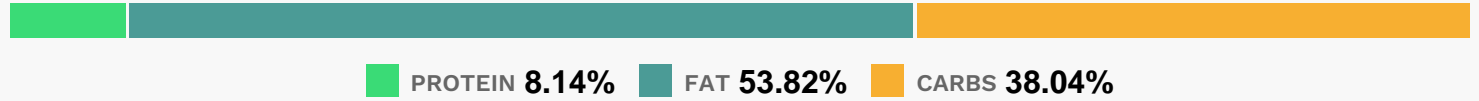
- mixing bowl
- grill
- grill pan

Directions

- For the dry rub: In a mixing bowl, combine the chili powder, Spanish paprika, brown sugar, cumin, kosher salt, black pepper and cayenne.
- Saute the onions in the butter and, when opaque, add the beef stock, ketchup, chipotle, apple cider vinegar and 3 tablespoons of the dry rub. Bring to a boil, lower the heat and simmer for 15 to 20 minutes. Blend until smooth.
- Combine the butter, sorrel and salt until well incorporated.
- For the veggie sandwich: Preheat an outdoor grill or indoor grill pan.
- In a large mixing bowl, toss the mushroom caps and zucchini slices with olive oil and some dry rub.
- Place on the grill and cook on all sides, turning occasionally, until great grill marks are made.
- In a mixing bowl, toss the baby green onions with olive oil.

- Add them to the grill and cook until charred on all sides.
- To assemble the sandwiches, slather the bread with sorrel compound butter. Then add the mushroom caps and zucchini slices. Top with the green onions and drizzle with Texas BBQ sauce.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:16.91, Inflammation Score:-10, Nutrition Score:22.78695647872%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 427.85kcal (21.39%), Fat: 26.78g (41.2%), Saturated Fat: 8.36g (52.26%), Carbohydrates: 42.59g (14.2%), Net Carbohydrates: 35.45g (12.89%), Sugar: 12.13g (13.48%), Cholesterol: 24.08mg (8.03%), Sodium: 1487.21mg (64.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.11g (18.23%), Vitamin A: 4184.92IU (83.7%), Vitamin E: 7.34mg (48.97%), Manganese: 0.69mg (34.43%), Vitamin B3: 6.06mg (30.3%), Vitamin K: 31.68µg (30.17%), Iron: 5.4mg (30%), Fiber: 7.15g (28.59%), Selenium: 18.31µg (26.15%), Vitamin B1: 0.39mg (25.95%), Vitamin B2: 0.43mg (25.43%), Vitamin B6: 0.49mg (24.4%), Folate: 83.18µg (20.8%), Potassium: 703.89mg (20.11%), Copper: 0.36mg (17.77%), Phosphorus: 165.66mg (16.57%), Vitamin C: 13.56mg (16.44%), Calcium: 127.87mg (12.79%), Magnesium: 51.03mg (12.76%), Zinc: 1.42mg (9.45%), Vitamin B5: 0.81mg (8.05%)