



Portobello-And-Caramelized Onion Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dressing fat-free italian
- ☐ 4 slices swiss cheese reduced-fat
- ☐ 1.5 tablespoons soya sauce low-sodium
- ☐ 0.5 tablespoon olive oil
- ☐ 3 cups onion thinly sliced
- ☐ 0.3 teaspoon pepper
- ☐ 16 inch portobello mushroom caps

☐ 9.6 ounce kaiser rolls

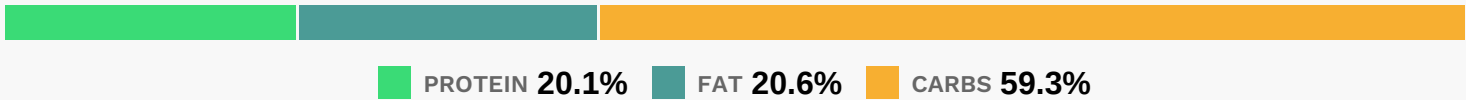
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion; cook 15 to 20 minutes or until golden, stirring frequently.
- ☐ Preheat broiler.
- ☐ Remove brown gills from the undersides of mushrooms using a spoon; discard gills.
- ☐ Place mushrooms, cap side down, on baking sheet coated with cooking spray; broil 5 minutes.
- ☐ Combine dressing and soy sauce.
- ☐ Brush mushrooms with mixture. Broil 5 minutes; turn and brush mushrooms with mixture. Broil 5 minutes or until mushrooms are tender. Top evenly with onions.
- ☐ Place 1 slice cheese over each, and sprinkle evenly with pepper. Broil 1 minute or until cheese melts.
- ☐ Place mushrooms in rolls.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:24.49, Inflammation Score:-5, Nutrition Score:10.417825991693%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg

Nutrients (% of daily need)

Calories: 302.37kcal (15.12%), Fat: 6.94g (10.68%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 44.98g (14.99%), Net Carbohydrates: 41.71g (15.17%), Sugar: 10.65g (11.84%), Cholesterol: 9.8mg (3.27%), Sodium: 627.32mg (27.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.48%), Iron: 10.66mg (59.21%), Calcium: 306.39mg (30.64%), Phosphorus: 226.38mg (22.64%), Fiber: 3.27g (13.07%), Vitamin C: 8.91mg (10.8%), Manganese: 0.21mg (10.27%), Vitamin B6: 0.2mg (9.79%), Vitamin B2: 0.16mg (9.47%), Zinc: 1.4mg (9.36%), Selenium: 6.22µg (8.89%), Vitamin B12: 0.48µg (7.92%), Potassium: 271.94mg (7.77%), Folate: 29.99µg (7.5%), Magnesium: 26.78mg (6.7%), Vitamin K: 5.8µg (5.52%), Vitamin B1: 0.07mg (4.72%), Copper: 0.09mg (4.47%), Vitamin B3: 0.7mg (3.5%), Vitamin E: 0.48mg (3.18%), Vitamin B5: 0.28mg (2.84%)