



Portobello Melts with Smoky Red Pepper Mayo

READY IN



17 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings smoky pepper mayo red
- ☐ 2 tablespoons parmigiano-reggiano cheese shredded
- ☐ 2.8 ounce part-skim mozzarella
- ☐ 4 large portobello mushroom caps
- ☐ 6 ounce whole-grain sandwich thins white (such as Arnold)

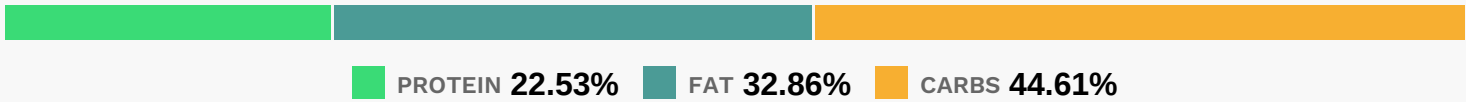
Equipment

- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Coat both sides of mushroom caps with cooking spray.
- ☐ Place mushroom caps, gill side down, on grill rack coated with cooking spray. Grill 5 minutes; turn mushrooms over, and top evenly with cheeses. Grill 5 minutes or until cheeses melt.
- ☐ Spread 2 1/2 tablespoons Smoky Red Pepper Mayo evenly on cut sides of each sandwich thin.
- ☐ Place a mushroom cap, cheese side up, on bottom of each sandwich thin. Top with sandwich thin tops.
- ☐ Choice Ingredient
- ☐ Round sandwich thins are a tasty alternative to regular sliced bread. Each serving contains 100 calories and 5 grams of fiber, which is comparable to a single slice of bread.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:9.6495651991471%

Nutrients (% of daily need)

Calories: 204.78kcal (10.24%), Fat: 8.08g (12.43%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 24.67g (8.22%), Net Carbohydrates: 18.64g (6.78%), Sugar: 4.34g (4.83%), Cholesterol: 16.08mg (5.36%), Sodium: 363.96mg (15.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.92%), Selenium: 19.14µg (27.34%), Vitamin B3: 4.99mg (24.94%), Fiber: 6.03g (24.13%), Calcium: 227.17mg (22.72%), Phosphorus: 200.79mg (20.08%), Vitamin B2: 0.21mg (12.47%), Folate: 49.41µg (12.35%), Copper: 0.25mg (12.34%), Vitamin B5: 0.99mg (9.91%), Vitamin B1: 0.14mg (9.57%), Potassium: 325.53mg (9.3%), Zinc: 1.07mg (7.12%), Vitamin B6: 0.14mg (7.04%), Vitamin K: 6.88µg (6.55%), Vitamin B12: 0.24µg (3.99%), Manganese: 0.06mg (3.04%), Vitamin A: 117.58IU (2.35%), Vitamin D: 0.33µg (2.21%), Iron: 0.33mg (1.85%), Magnesium: 5.7mg (1.43%), Vitamin E: 0.18mg (1.21%)