



Portobello Sandwiches



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



439 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon capers drained
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cloves garlic minced
- ☐ 4 hamburger buns
- ☐ 4 leaves lettuce
- ☐ 0.3 cup mayonnaise
- ☐ 6 tablespoons olive oil

- ☐ 4 large portobello mushroom caps
- ☐ 4 servings salt and pepper to taste
- ☐ 1 large tomatoes sliced

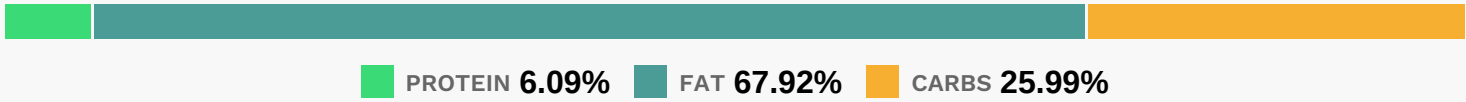
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Turn on broiler, and adjust rack so it is as close to heat source as possible.
- ☐ In a medium-size mixing bowl, mix together garlic, olive oil, thyme, vinegar, salt and pepper.
- ☐ Put the mushroom caps, bottom side up, in a shallow baking pan.
- ☐ Brush the caps with 1/2 the dressing.
- ☐ Put the caps under the broiler, and cook for 5 minutes.
- ☐ Turn the caps, and brush with the remaining dressing. Broil 4 minutes. Toast the buns lightly .
- ☐ In a small bowl, mix capers and mayonnaise.
- ☐ Spread mayonnaise mixture on the buns, top with mushroom caps, tomato and lettuce.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:14.25, Inflammation Score:-6, Nutrition Score:14.993478189344%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 438.68kcal (21.93%), Fat: 33.58g (51.67%), Saturated Fat: 4.97g (31.08%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 26.27g (9.55%), Sugar: 7.89g (8.76%), Cholesterol: 5.88mg (1.96%), Sodium: 563.71mg (24.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.55%), Vitamin K: 45.71µg (43.53%), Selenium: 27.89µg (39.85%), Vitamin B3: 5.88mg (29.41%), Vitamin E: 3.9mg (26.03%), Vitamin B1: 0.31mg (20.57%), Manganese: 0.41mg (20.3%), Folate: 74.63µg (18.66%), Copper: 0.33mg (16.69%), Phosphorus: 153.88mg (15.39%), Vitamin B2: 0.26mg (15.01%), Potassium: 497.18mg (14.21%), Iron: 2.31mg (12.84%), Fiber: 2.65g (10.6%), Vitamin B6: 0.21mg (10.6%), Vitamin B5: 1.04mg (10.39%), Vitamin C: 7.63mg (9.25%), Vitamin A: 436.35IU (8.73%), Calcium: 79.92mg (7.99%), Zinc: 0.91mg (6.05%), Magnesium: 17.87mg (4.47%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.28µg (1.87%)