



Portobello Sandwiches

 Vegetarian

READY IN



14 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce hamburger buns whole wheat split
- ☐ 0.3 cup dressing fat-free italian divided
- ☐ 4 large portabello mushrooms
- ☐ 4 ounce provolone cheese
- ☐ 7 ounce roasted peppers red drained quartered

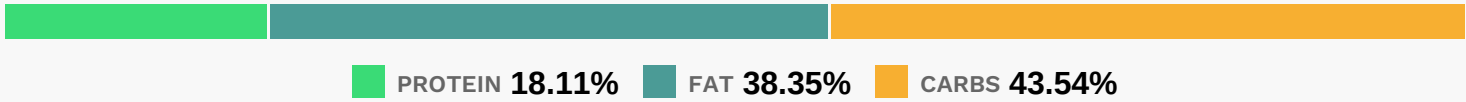
Equipment

- ☐ grill

Directions

- ☐ Brush both sides of mushrooms evenly with 3 tablespoons Italian dressing. Coat grill rack with cooking spray; place on grill over medium hot coals (350 to 400).
- ☐ Place mushrooms on rack; grill, covered, 4 minutes on each side or until tender.
- ☐ Place cheese over mushrooms, and grill 1 additional minute to melt cheese.
- ☐ Brush buns with remaining 1 tablespoon dressing; grill, covered, until lightly toasted.
- ☐ Place mushrooms over bottoms of buns; top with roasted pepper pieces and tops of buns.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.16, Inflammation Score:-7, Nutrition Score:20.847826252813%

Nutrients (% of daily need)

Calories: 348.57kcal (17.43%), Fat: 15.34g (23.59%), Saturated Fat: 6.34g (39.62%), Carbohydrates: 39.18g (13.06%), Net Carbohydrates: 34.8g (12.65%), Sugar: 8.27g (9.19%), Cholesterol: 19.56mg (6.52%), Sodium: 1363.29mg (59.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.58%), Selenium: 42.72µg (61.02%), Manganese: 0.86mg (43.2%), Vitamin B3: 7.28mg (36.4%), Phosphorus: 329.93mg (32.99%), Calcium: 306.42mg (30.64%), Folate: 112.96µg (28.24%), Vitamin C: 23.13mg (28.03%), Vitamin B1: 0.4mg (26.56%), Vitamin B2: 0.43mg (25.58%), Copper: 0.47mg (23.4%), Iron: 3.64mg (20.24%), Fiber: 4.38g (17.52%), Potassium: 543.05mg (15.52%), Vitamin B6: 0.31mg (15.4%), Zinc: 2.2mg (14.7%), Vitamin B5: 1.46mg (14.6%), Magnesium: 45.31mg (11.33%), Vitamin K: 11.05µg (10.52%), Vitamin A: 512.74IU (10.25%), Vitamin B12: 0.46µg (7.72%), Vitamin E: 0.45mg (3.02%), Vitamin D: 0.39µg (2.62%)