



Ring-My-Bella Mushroom Sandwich

 Vegetarian

READY IN



25 min.

SERVINGS



1

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 Dash cayenne pepper
- ☐ 1 tablespoon mayonnaise fat-free
- ☐ 2 dashes garlic powder
- ☐ 2 dashes ground thyme
- ☐ 0.5 cup lettuce shredded
- ☐ 1 teaspoon buttery spread light room temperature
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 1 large portabella mushroom

- ☐ 1 slice onion red thick
- ☐ 0.1 teaspoon salt
- ☐ 1 serving calorie flat sandwich bun
- ☐ 1 stick individual string cheese sticks light
- ☐ 1 large slice tomatoes

Equipment

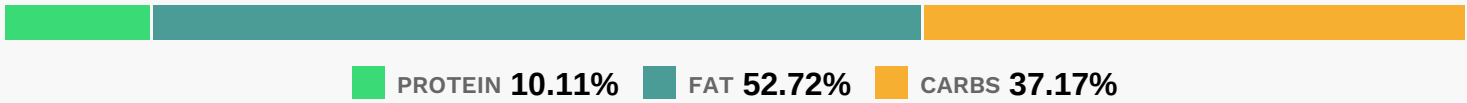
- ☐ frying pan
- ☐ oven
- ☐ stove
- ☐ toaster
- ☐ grill pan

Directions

- ☐ Coat the mushroom and onion with oil and sprinkle with salt and thyme, to taste.
- ☐ Bring a grill pan (or large skillet) sprayed with nonstick spray to medium-high heat on the stove.
- ☐ Place the mushroom in the pan, round side down, along with the onion, side by side. Cook for 5 minutes without flipping.
- ☐ Meanwhile, pull string cheese into pieces and set aside. Season the mayo with cayenne pepper, to taste; mix well and set aside.
- ☐ Flip the mushroom and onion in the pan. Top the mushroom evenly with cheese, and cook for another 5 minutes, or until cheese and veggies have softened.
- ☐ Remove from the pan and set aside.
- ☐ Split apart the bun and spread the inside of each half with butter.
- ☐ Sprinkle with garlic powder.
- ☐ Place the bun halves in the pan, still over medium-high heat, with the buttered sides down. (Alternatively, toast bun halves in a toaster oven.) Once warm and toasty, after 1 to 2 minutes, remove and plate with the buttered sides up.
- ☐ Spread the buttered side of the bun's top half with mayo, and set aside.

Place the mushroom on the bottom half of the bun; top with onion, tomato, and lettuce. Finish off your sandwich with the top half of the bun. Now CHEW!

Nutrition Facts



Properties

Glycemic Index:134, Glycemic Load:0.84, Inflammation Score:-9, Nutrition Score:12.69565208321%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 122.94kcal (6.15%), Fat: 7.78g (11.96%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 9.02g (3.28%), Sugar: 5.67g (6.3%), Cholesterol: 1.8mg (0.6%), Sodium: 470.39mg (20.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.71%), Vitamin K: 54.39µg (51.8%), Selenium: 16.74µg (23.92%), Vitamin B3: 4.16mg (20.81%), Vitamin A: 884.93IU (17.7%), Iron: 3.18mg (17.65%), Manganese: 0.34mg (16.96%), Copper: 0.3mg (15.18%), Potassium: 493.38mg (14.1%), Vitamin E: 2.11mg (14.08%), Fiber: 3.32g (13.29%), Phosphorus: 122.82mg (12.28%), Folate: 48.15µg (12.04%), Vitamin B6: 0.22mg (11.24%), Vitamin B5: 1.05mg (10.51%), Vitamin B2: 0.14mg (8.48%), Vitamin C: 6.84mg (8.3%), Vitamin B1: 0.1mg (6.99%), Calcium: 57.38mg (5.74%), Zinc: 0.77mg (5.15%), Magnesium: 13.61mg (3.4%), Vitamin D: 0.25µg (1.68%)