



Roasted Portabella Mushroom and Avocado Open-Face Sandwiches

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz portabella mushrooms fresh sliced
- 2 tablespoons olive oil with olive oil & sea salt butter, cut into small pieces lakes®
- 2 cloves garlic finely chopped
- 0.5 teaspoon thyme sprigs fresh chopped
- 1 serving pepper freshly ground to taste
- 1 avocado pitted ripe peeled quartered
- 4 slices sourdough bread toasted

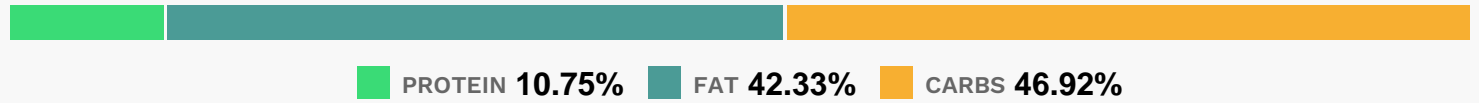
Equipment

- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 450°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- In baking dish, gently mix mushrooms, butter, garlic, thyme and pepper.
- Roast uncovered 30 minutes, stirring gently halfway through baking.
- Spread 1 quarter of avocado over each slice of toasted bread. Top with roasted mushroom mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.88, Glycemic Load:26.13, Inflammation Score:-6, Nutrition Score:16.197391430969%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 331.38kcal (16.57%), Fat: 16.15g (24.84%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 34.69g (12.61%), Sugar: 4.72g (5.25%), Cholesterol: 0mg (0%), Sodium: 394.32mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.45%), Selenium: 29.27µg (41.81%), Vitamin B1: 0.52mg (34.98%), Folate: 135.46µg (33.86%), Vitamin B3: 6.52mg (32.61%), Vitamin B2: 0.42mg (24.42%), Manganese: 0.48mg (23.92%), Fiber: 5.58g (22.34%), Copper: 0.36mg (18.06%), Iron: 3.07mg (17.03%), Phosphorus: 157.16mg

(15.72%), Vitamin B5: 1.57mg (15.68%), Potassium: 532.92mg (15.23%), Vitamin B6: 0.3mg (15.05%), Vitamin E: 2.2mg (14.64%), Vitamin K: 15.28µg (14.55%), Magnesium: 35.87mg (8.97%), Zinc: 1.31mg (8.73%), Vitamin C: 5.89mg (7.14%), Calcium: 44.92mg (4.49%), Vitamin A: 85.51IU (1.71%), Vitamin D: 0.17µg (1.13%)