



Roasted Portobello Mushroom Sandwiches with Parmesan Mayonnaise

READY IN



18 min.

SERVINGS



4

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baby arugula
- 0.8 ounce bread crumbs italian chicago-style toasted (1/)
- 0.5 cup parmesan
- 12 ounce portabello mushrooms
- 12 ounce roasted peppers red drained

Equipment

- baking sheet

broiler

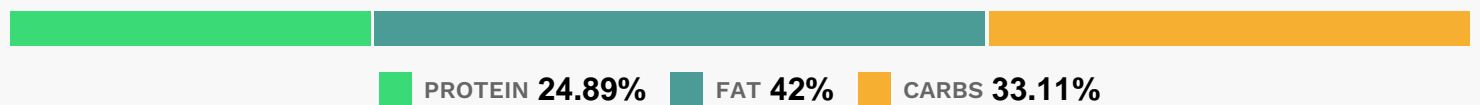
Directions

Preheat broiler.

Place mushrooms on a baking sheet; coat evenly with balsamic spritzer. Broil mushrooms 11 to 12 minutes or until browned and tender.

While mushrooms broil, spread 1 tablespoon Parmesan Mayonnaise over cut side of each bread slice; top each of 4 slices with about 2/3 cup bell pepper and 1/2 cup arugula. Arrange roasted mushrooms evenly over arugula. Top with remaining 4 bread slices.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:13.076521772405%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 115.18kcal (5.76%), Fat: 5.72g (8.81%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 7.68g (2.79%), Sugar: 4.07g (4.53%), Cholesterol: 8.5mg (2.83%), Sodium: 1394.64mg (60.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Vitamin C: 41.05mg (49.75%), Selenium: 18.92µg (27.02%), Vitamin B3: 4.59mg (22.97%), Phosphorus: 202.78mg (20.28%), Calcium: 201.42mg (20.14%), Copper: 0.37mg (18.27%), Vitamin A: 777.18IU (15.54%), Vitamin B6: 0.3mg (14.8%), Potassium: 493.68mg (14.11%), Folate: 51.35µg (12.84%), Manganese: 0.23mg (11.47%), Vitamin B2: 0.19mg (11.23%), Vitamin B5: 1.1mg (11.02%), Vitamin K: 11.11µg (10.58%), Fiber: 2.47g (9.89%), Iron: 1.3mg (7.25%), Zinc: 1.01mg (6.7%), Vitamin B1: 0.09mg (5.88%), Magnesium: 20.46mg (5.11%), Vitamin B12: 0.19µg (3.21%), Vitamin D: 0.32µg (2.12%)