



Roasted Portobello Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon balsamic vinegar
- 1.5 tablespoons balsamic vinegar
- 0.5 cup basil leaves fresh
- 1.5 ounce mozzarella cheese
- 2 teaspoons olive oil
- 8 inch portobello caps
- 1 bell pepper red
- 4 ounce onion sandwich buns toasted halved

1 inch onion sweet

Equipment

frying pan

whisk

broiler

Directions

Preheat broiler.

Cut bell pepper in half lengthwise; discard seeds and membranes.

Place pepper halves, skin sides up, on a 15 x 10-inch jelly-roll pan coated with cooking spray; flatten with hand.

Place mushrooms (gill side down) and onion slices on pan.

Combine 1 1/2 tablespoons balsamic vinegar and olive oil, stirring with a whisk.

Brush vinegar mixture evenly over mushrooms, onion slices, and pepper halves.

Broil 8 to 9 minutes or until mushroom caps are tender.

Remove mushrooms; broil onion and bell pepper 3 additional minutes or until crisp-tender.

Place mushroom caps on bottom halves of buns; carefully place onion and pepper halves over mushroom caps.

Place cheese over onion. Broil 1 minute or until cheese begins to melt. Top with basil leaves, and sprinkle each with 1/2 teaspoon vinegar. Cover with top halves of buns.

Nutrition Facts



PROTEIN 15.36% **FAT 34.7%** **CARBS 49.94%**

Properties

Glycemic Index:114.5, Glycemic Load:2.15, Inflammation Score:-9, Nutrition Score:19.25130417036%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 297.53kcal (14.88%), Fat: 11.44g (17.61%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 34.26g (12.46%), Sugar: 6.23g (6.92%), Cholesterol: 16.8mg (5.6%), Sodium: 448.81mg (19.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.4g (22.8%), Vitamin C: 77.3mg (93.7%), Vitamin A: 2323.19IU (46.46%), Selenium: 27.76µg (39.65%), Vitamin K: 31.06µg (29.58%), Folate: 89.94µg (22.48%), Manganese: 0.43mg (21.48%), Vitamin B1: 0.32mg (21.21%), Vitamin B2: 0.32mg (18.78%), Calcium: 180.54mg (18.05%), Vitamin B3: 3.52mg (17.61%), Phosphorus: 164.87mg (16.49%), Iron: 2.56mg (14.23%), Vitamin E: 1.84mg (12.3%), Vitamin B6: 0.23mg (11.34%), Fiber: 2.79g (11.17%), Zinc: 1.42mg (9.46%), Vitamin B12: 0.49µg (8.16%), Magnesium: 32.4mg (8.1%), Copper: 0.16mg (8.08%), Potassium: 275.41mg (7.87%), Vitamin B5: 0.58mg (5.81%)