



Roasted Vegetable Hero Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 garlic clove finely chopped
- ☐ 0.3 cup olive oil
- ☐ 4 servings bell pepper
- ☐ 4 plum tomatoes cored quartered
- ☐ 4 portabello mushrooms stemmed cut into 1/2-inch slices
- ☐ 8 slices mozzarella cheese thin
- ☐ 2 onion red sliced

- ☐ 0.5 teaspoon salt
- ☐ 4 sandwich rolls whole-wheat
- ☐ 1 bell pepper yellow seeded cut into 1/2-inch slices

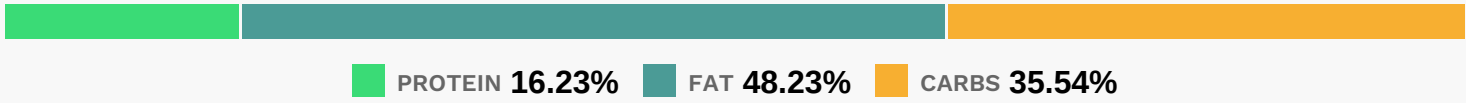
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425F and line a baking sheet with foil.
- ☐ Combine tomatoes, mushrooms, bell pepper and onions in a large bowl, and toss with oil and salt. Season with pepper.
- ☐ Spread vegetables on baking sheet and roast until soft, about 25 minutes, stirring every 5 minutes. Toss with garlic and basil and set aside to cool slightly.
- ☐ Split rolls or baguette in half lengthwise, and hollow out centers to make room for filling. Arrange 1/4 warm vegetables on bottom half of bread; top with 2 slices cheese and remaining bread. Press sandwiches to compact filling.
- ☐ Let stand 5 minutes until cheese softens, and serve.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:3.12, Inflammation Score:-10, Nutrition Score:31.365652395331%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg

Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 536.74kcal (26.84%), Fat: 29.39g (45.21%), Saturated Fat: 9.81g (61.29%), Carbohydrates: 48.73g (16.24%), Net Carbohydrates: 42.78g (15.56%), Sugar: 10.79g (11.99%), Cholesterol: 44.77mg (14.92%), Sodium: 972.94mg (42.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.49%), Vitamin C: 162.93mg (197.49%), Selenium: 48.09µg (68.7%), Vitamin A: 3345.54IU (66.91%), Phosphorus: 407.37mg (40.74%), Vitamin B3: 7.69mg (38.46%), Calcium: 373.62mg (37.36%), Folate: 144.09µg (36.02%), Vitamin B2: 0.56mg (32.94%), Manganese: 0.62mg (31.09%), Vitamin B1: 0.44mg (29.18%), Vitamin B6: 0.56mg (27.92%), Vitamin E: 3.84mg (25.6%), Potassium: 864.04mg (24.69%), Fiber: 5.95g (23.78%), Copper: 0.45mg (22.41%), Vitamin B12: 1.33µg (22.23%), Vitamin K: 22.7µg (21.62%), Zinc: 3.09mg (20.59%), Iron: 3.24mg (18.01%), Vitamin B5: 1.69mg (16.87%), Magnesium: 52.39mg (13.1%), Vitamin D: 0.48µg (3.19%)