



Roasted Vegetable Sandwiches

 Vegetarian

READY IN



62 min.

SERVINGS



6

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 1 tablespoon dijon mustard
- 0.3 cup mayonnaise light
- 1 tablespoon olive oil
- 4 ounces part-skim mozzarella cheese
- 6 ounce portabello mushrooms
- 0.3 teaspoon salt
- 5 sun-dried olives drained

- 18.5 ounce hamburger buns toasted sliced in half
- 1 pound to 3 sized squashes yellow cut into 1/2-inch-thick slices
- 1 pound zucchini cut into 1/2-inch-thick slices

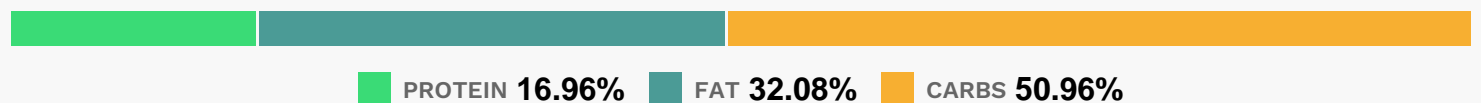
Equipment

- food processor
- frying pan
- oven
- aluminum foil
- ziploc bags
- spatula

Directions

- Preheat oven to 450
- Combine first 4 ingredients in a heavy-duty zip-top plastic bag; seal and shake to coat with oil.
- Arrange vegetable mixture in a single layer on a large foil-lined jelly roll pan.
- Bake at 450 for 20 minutes; turn vegetables with a spatula.
- Bake 20 minutes or until lightly browned.
- Combine tomato and next 4 ingredients in a food processor; process until smooth.
- Spread tomato mixture evenly on top half of each roll. Arrange vegetable mixture evenly over bottom half of each roll. Top evenly with cheese and remaining halves of rolls. Wrap each sandwich in foil.
- Bake at 450 for 10 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:22.617391106875%

Flavonoids

Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 357.85kcal (17.89%), Fat: 13.27g (20.42%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 47.44g (15.81%), Net Carbohydrates: 41.84g (15.21%), Sugar: 10.93g (12.15%), Cholesterol: 13.59mg (4.53%), Sodium: 730.86mg (31.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.57%), Manganese: 1.22mg (61.11%), Selenium: 37.28µg (53.26%), Folate: 148.42µg (37.11%), Vitamin B1: 0.51mg (33.96%), Vitamin C: 27.05mg (32.78%), Vitamin B2: 0.55mg (32.55%), Vitamin B3: 6.08mg (30.38%), Phosphorus: 292.32mg (29.23%), Calcium: 259.36mg (25.94%), Iron: 4.35mg (24.16%), Fiber: 5.6g (22.4%), Vitamin B6: 0.43mg (21.56%), Potassium: 718.71mg (20.53%), Copper: 0.38mg (19.06%), Magnesium: 73.96mg (18.49%), Vitamin K: 15.77µg (15.02%), Zinc: 2.11mg (14.05%), Vitamin B5: 1.09mg (10.88%), Vitamin A: 416.41IU (8.33%), Vitamin E: 0.82mg (5.5%), Vitamin B12: 0.18µg (2.96%)