



## Roasted Vegetable Sandwiches

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter softened
- 1 garlic clove pressed
- 4 hamburger buns split french
- 0.3 teaspoon penzey's southwest seasoning dried italian
- 4 teaspoons mayonnaise
- 4 slices provolone cheese
- 3 cups roasted summer vegetables

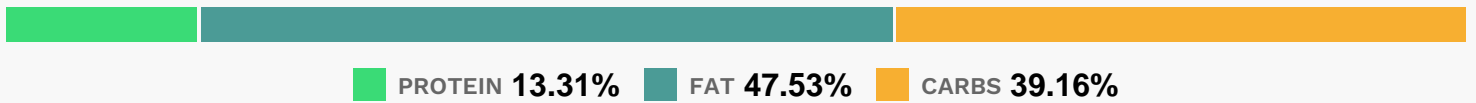
### Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Stir together first 3 ingredients.
- Spread butter mixture evenly on cut sides of top bun halves; spread mayonnaise evenly on cut sides of bottom bun halves.
- Place 3/4 cup Roasted Summer Vegetables evenly on each bottom bun half; top each with 1 provolone cheese slice and remaining bun halves. Wrap each sandwich lightly in aluminum foil, and place on a baking sheet.
- Bake at 400 for 10 to 12 minutes or until cheese melts.
- Note: For testing purposes only, we used Publix Deli French Hamburger Buns.

## Nutrition Facts



## Properties

Glycemic Index:13.45, Glycemic Load:3.78, Inflammation Score:-7, Nutrition Score:4.0721739251976%

## Nutrients (% of daily need)

Calories: 80.88kcal (4.04%), Fat: 4.39g (6.75%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 6.88g (2.5%), Sugar: 0.66g (0.73%), Cholesterol: 9.06mg (3.02%), Sodium: 106.3mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin A: 1491.69IU (29.83%), Manganese: 0.12mg (5.92%), Vitamin B1: 0.08mg (5.42%), Fiber: 1.26g (5.04%), Calcium: 49.35mg (4.94%), Phosphorus: 44.76mg (4.48%), Selenium: 3.07µg (4.38%), Folate: 16.57µg (4.14%), Vitamin B2: 0.06mg (3.67%), Vitamin C: 3mg (3.63%), Vitamin B3: 0.71mg (3.55%), Iron: 0.59mg (3.27%), Magnesium: 9.76mg (2.44%), Potassium: 75.37mg (2.15%), Zinc: 0.31mg (2.1%), Vitamin K: 2.16µg (2.05%), Copper: 0.04mg (1.83%), Vitamin B6: 0.04mg (1.83%), Vitamin B12: 0.08µg (1.31%)