



Roasted Vegetable Sandwiches

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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
- ☐ 4 servings try build-a-meal

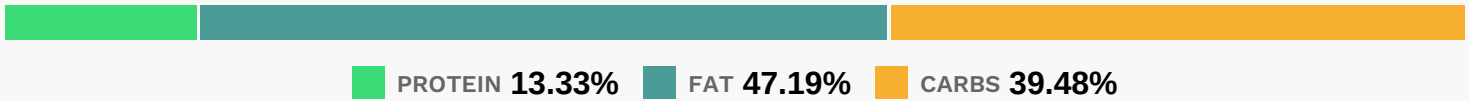
Equipment

- ☐ 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:67.25, Glycemic Load:18.88, Inflammation Score:-10, Nutrition Score:18.605652101662%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 407.63kcal (20.38%), Fat: 21.98g (33.81%), Saturated Fat: 11.51g (71.94%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 34.85g (12.67%), Sugar: 3.29g (3.66%), Cholesterol: 45.29mg (15.1%), Sodium: 531.5mg (23.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.97g (27.94%), Vitamin A: 7458.55IU (149.17%), Manganese: 0.66mg (32.94%), Vitamin B1: 0.41mg (27.3%), Fiber: 6.53g (26.12%), Calcium: 247.32mg (24.73%), Phosphorus: 230.1mg (23.01%), Selenium: 15.85µg (22.65%), Folate: 83µg (20.75%), Vitamin B2: 0.31mg (18.52%), Vitamin C: 14.99mg (18.17%), Vitamin B3: 3.61mg (18.04%), Iron: 3mg (16.69%), Magnesium: 51.3mg (12.82%), Potassium: 384.15mg (10.98%), Zinc: 1.63mg (10.86%), Vitamin K: 10.84µg (10.33%), Copper: 0.19mg (9.48%), Vitamin B6: 0.19mg (9.37%), Vitamin B12: 0.39µg (6.54%), Vitamin E: 0.66mg (4.38%), Vitamin B5: 0.36mg (3.56%)