



## Vegan Caramelized Onion and Mushroom Panini With Sun-Dried Tomato Mayonnaise



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 small ciabatta bread split hearty
- ☐ 2 medium cloves garlic minced
- ☐ 2 servings pepper black freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup sun-dried olives
- ☐ 2 tablespoons olive oil divided
- ☐ 3 cups onion thinly sliced

- ☐ 1 pound portabello mushrooms trimmed thinly sliced
- ☐ 1 teaspoon soya sauce
- ☐ 0.3 cup veganaise homemade store-bought

## Equipment

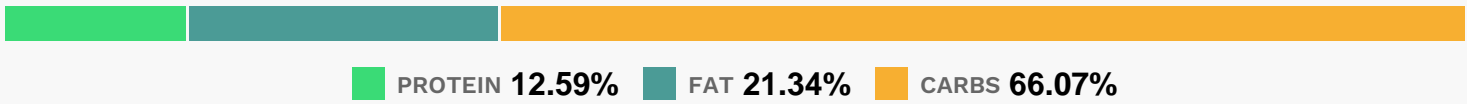
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ panini press

## Directions

- ☐ Heat 1 tablespoon oil in a large saucepan over medium heat until shimmering.
- ☐ Add onions, season with salt and pepper, and cook, stirring frequently, until lightly browned and a pale brown patina builds up on the bottom of the pan, about 10 minutes.
- ☐ Add 1 tablespoon water and scrape up browned bits. Repeat, cooking, adding water, and scraping up bits until onions are soft and very sweet, about 30 minutes total.
- ☐ Transfer to a bowl and set aside.
- ☐ While onions cook, heat remaining oil in a large skillet over high heat until shimmering.
- ☐ Add sliced mushrooms, season lightly with salt and pepper, and cook, stirring occasionally, until mushrooms have released all their liquid, the liquid has evaporated, and the mushrooms have deeply browned, about 15 minutes.
- ☐ Add half of garlic and cook, stirring constantly, until fragrant, about 30 seconds.
- ☐ Add soy sauce and half of lemon juice and stir to combine. Season to taste with salt and pepper.
- ☐ Transfer to a bowl and set aside.
- ☐ Combine mayonnaise, remaining lemon juice, tomatoes, and garlic in a food processor. Process until a rough purée is formed, about 30 seconds, scraping down sides as necessary.
- ☐ Preheat a panini press.

- ☐
- Spread both sides of rolls with sun-dried tomato mayonnaise, top bottom bun with onions and mushrooms, close sandwiches, place in press, close gently, and cook for 5 minutes. Press more firmly to compress sandwiches and continue cooking until crisp and fully heated through, about 5 minutes longer.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:7.66, Inflammation Score:-8, Nutrition Score:28.294782498608%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 48.8mg, Quercetin: 48.8mg, Quercetin: 48.8mg, Quercetin: 48.8mg

Nutrients (% of daily need)

Calories: 1535.67kcal (76.78%), Fat: 36.77g (56.57%), Saturated Fat: 6.04g (37.76%), Carbohydrates: 256.2g (85.4%), Net Carbohydrates: 241.83g (87.94%), Sugar: 23.01g (25.57%), Cholesterol: 0mg (0%), Sodium: 2582.97mg (112.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.8g (97.61%), Selenium: 44.85µg (64.08%), Vitamin B3: 12.28mg (61.39%), Fiber: 14.37g (57.47%), Potassium: 1832.36mg (52.35%), Copper: 1.02mg (50.91%), Manganese: 0.88mg (44.17%), Phosphorus: 389.05mg (38.91%), Vitamin B6: 0.73mg (36.57%), Vitamin C: 28.79mg (34.89%), Vitamin B5: 3.3mg (33.04%), Folate: 123.72µg (30.93%), Vitamin B2: 0.46mg (26.97%), Vitamin B1: 0.35mg (23.38%), Iron: 3.09mg (17.17%), Vitamin K: 17.49µg (16.65%), Magnesium: 62.14mg (15.53%), Vitamin E: 2.13mg (14.17%), Zinc: 2.03mg (13.52%), Calcium: 89.23mg (8.92%), Vitamin D: 0.68µg (4.54%), Vitamin A: 166.3IU (3.33%), Vitamin B12: 0.11µg (1.89%)