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## Mushroom Sandwich ♦♦

A delicious vegetarian sandwich made with mushrooms.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

<b>200 g</b>	Mushrooms
<b>4 slices</b>	bread
<b>2 tbsp</b>	mayonnaise
<b>4 leaves</b>	lettuce
<b>2 slices</b>	Tomato
<b>1 teaspoon</b>	salt

1  
teaspoon pepper

2 tbsp olive oil

## Directions

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### Step 1

Stove

Heat olive oil in a pan.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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### Step 2

Stove

Add mushrooms to the pan and cook until golden brown.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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### Step 3

Season mushrooms with salt and pepper.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Toaster

Toast bread slices.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 5

Spread mayonnaise on one side of each bread slice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Layer lettuce, tomato slices, and cooked mushrooms on one slice of bread.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 7

Cover with the other slice of bread.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 8

Cut

Cut the sandwich in half.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 9

Serving

Serve and enjoy.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 10 g

**Carbohydrates:** 30 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	20 mg	0.59%	0.77%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Cuisines

Italian

## Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

## Cultural

Diwali

## Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Blood Type Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

The Swiss Secret Diet

The Werewolf Diet

The Master Cleanse Diet

The SlimFast Diet

The Optavia Diet

The Pritikin Diet

## Meal Type

Brunch

Snack

Supper

## Difficulty Level

Medium

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