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Peppercorn Mushroom Melt · ·

The Peppercorn Mushroom Melt is a delicious vegetarian sandwich that combines sautéed mushrooms, peppercorn sauce, and melted cheese on toasted bread. It's a hearty and flavorful option for lunch or dinner.

Recipe Type: Vegetarian	Prep Time: 15 mins
Cook Time: 20 mins	Total Time: 35 mins
Recipe Yield: 500 grams	Number of Servings: 4

Ingredients

250 g	Mushrooms
30 g	butter
50 g	onion
2 cloves	garlic
2 tsp	Black Peppercorns

20 g	flour
250 ml	vegetable broth
100 ml	milk
150 g	Cheddar Cheese
8 slices	bread

Directions

Step 1



Slice the mushrooms, onion, and garlic.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Melt butter in a pan and sauté the mushrooms, onion, and garlic until tender.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Crush the black peppercorns and add them to the pan.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Sprinkle flour over the mushrooms and stir to coat.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5



Pour vegetable broth and milk into the pan and stir until the sauce thickens.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 0 mins

Cook Time: 0 mins

Step 7



Place the bread slices on a baking sheet and toast in the oven until golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 8

Spread the peppercorn mushroom mixture onto the toasted bread slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Top with grated cheddar cheese.

Prep Time: 0 mins

Cook Time: 5 mins

Step 10



Place the sandwiches back in the oven until the cheese melts.

Prep Time: 0 mins

Cook Time: 5 mins

Step 11

Serving

Serve the Peppercorn Mushroom Melts hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	5 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	20 mg	N/A	N/A

Vitamins

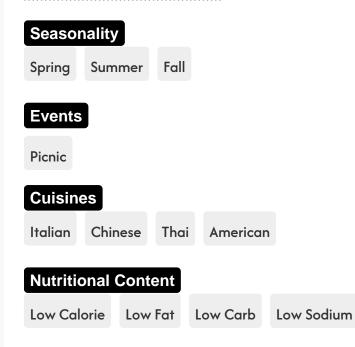
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%
Vitamin C	5 mg	5.56%	6.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes



Kitchen To Blender C	ools Oven				
Course					
Appetizers	Main Dishes	Side Dishes	Desserts	Salads	Sauces & Dressings
Meal Type Lunch Din Difficulty I Medium	nner Snack				

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