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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

Serving Size: 125 g

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

Cut

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

Stove

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

Oven

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

Oven

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

Seasonality

Spring Summer Fall

Events

Picnic

Cuisines

Italian Chinese Thai American

Nutritional Content

Low Calorie Low Fat Low Carb Low Sodium

Kitchen Tools

Blender

Oven

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Salads

Sauces & Dressings

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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