



# PORTOBELLO CHEDDAR MELTS

**Nutrition Facts Report**  
Source: Custom

**Yield:** 4 (1.000 item(s))  
**No. Ingredients:** 9

**Category:** Basic Food  
**Manufacturer:** (None)

## Ingredients

2.000 T. Olive Oil  
1.000 item Onions, Chopped  
0.500 t. Ground Thyme  
1.000 T. Vinegar, red wine  
2.000 item Nature's Own Everything Bagels  
2.000 T. Butter  
12.000 oz. Portobella or Portobello Mushroom  
4.000 sl. SARGENTO DELI STYLE Sliced Sharp Cheddar Cheese  
4.000 sl. Red Tomato

## Nutrition Facts

Serving Size 1.00 item(s) (230g)

Amount Per Serving

**Calories** 383      **Calories from Fat** 187

% Daily Value

**Total Fat** 20.8g      32 %

Saturated Fat 8.9g      44 %

Trans Fat 0.0g

**Cholesterol** 35.3mg      12 %

**Sodium** 388.6mg      16 %

**Total Carbohydrate** 36.8g      12 %

Dietary Fiber 3.5g      14 %

Sugars 6.7g

**Protein** 13.2g

Vitamin A 18 %      Calcium 22 %

Vitamin C 13 %      Iron 17 %

## Instructions