

# Mushroom Swiss Sandwich Melts with Arugula

Yield: 3 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mushroom-swiss-sandwich-recipe>

## Ingredients:

- olive oil Splash
- 8 ounces portabella mushrooms sliced
- 1/4 teaspoon black pepper
- 6 slices crusty bread
- 5 slices swiss cheese depending on the size of your bread
- 1 tablespoon Dijon mustard or more to taste
- 1 1/2 cups baby arugula 3 small handfuls

## Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 116 grams
3. Cholesterol: 45 milligrams
4. Fat: 24 grams
5. Fiber: 7 grams
6. Protein: 38 grams
7. SaturatedFat: 11 grams
8. Sodium: 1370 milligrams
9. Sugar: 10 grams

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