



Balsamic-Blue Cheese Portobello Burgers

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon balsamic vinegar
- 3 tablespoons balsamic vinegar
- 1 teaspoon garlic fresh minced
- 0.3 cup gorgonzola cheese blue crumbled
- 2 hamburger buns whole wheat split
- 2 tablespoons mayonnaise light
- 1 tablespoon olive oil
- 0.5 teaspoon pepper

- 2 large portobello mushroom caps stemmed
- 2 servings romaine lettuce leaves
- 0.3 teaspoon salt
- 2 slices tomatoes

Equipment

- grill

Directions

- Scrape gills from mushroom caps, if desired.
- Combine 3 tablespoons vinegar, oil, and next 3 ingredients in a shallow dish or large zip-top plastic freezer bag; add mushrooms, turning to coat. Cover or seal, and chill 1 hour, turning occasionally.
- Remove mushrooms from marinade, discarding marinade.
- Grill mushrooms, covered with grill lid, over medium-high heat (350 to 400°F) for 4 to 6 minutes on each side or until tender.
- Remove mushrooms from grill, and immediately sprinkle undersides evenly with blue cheese.
- Stir together mayonnaise and 1 teaspoon vinegar.
- Spread mixture evenly on cut sides of buns; place lettuce, mushrooms, and tomato slices on bottom halves of buns, and cover with tops.
- Serve immediately.

Nutrition Facts



PROTEIN 12.67% **FAT 47.36%** **CARBS 39.97%**

Properties

Glycemic Index:113.5, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:25.742608630139%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 323.33kcal (16.17%), Fat: 17.44g (26.83%), Saturated Fat: 4.81g (30.05%), Carbohydrates: 33.11g (11.04%), Net Carbohydrates: 28.35g (10.31%), Sugar: 10.5g (11.67%), Cholesterol: 12.83mg (4.28%), Sodium: 796mg (34.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (21%), Vitamin A: 7532.27IU (150.65%), Vitamin K: 101.51µg (96.68%), Folate: 194.99µg (48.75%), Selenium: 32.92µg (47.03%), Manganese: 0.77mg (38.71%), Vitamin B3: 6.22mg (31.1%), Phosphorus: 236.24mg (23.62%), Vitamin B1: 0.33mg (21.88%), Vitamin B2: 0.36mg (21.31%), Copper: 0.41mg (20.27%), Potassium: 673.05mg (19.23%), Fiber: 4.76g (19.03%), Iron: 3.23mg (17.97%), Calcium: 161.18mg (16.12%), Vitamin B5: 1.57mg (15.69%), Vitamin B6: 0.27mg (13.66%), Zinc: 1.55mg (10.3%), Vitamin E: 1.52mg (10.14%), Magnesium: 39.76mg (9.94%), Vitamin C: 4.01mg (4.85%), Vitamin B12: 0.22µg (3.65%), Vitamin D: 0.32µg (2.15%)