



## BOCAÂ® Mushroom Burger

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 Tbsp milk cheddar cheese 2% kraft
- 1 tsp grey poupon dijon mustard
- 0.5 cup mushrooms fresh sliced
- 1 green onion with top, sliced
- 1 slice cocktail rye bread
- 2 slices tomatoes
- 1 veggie patty frozen

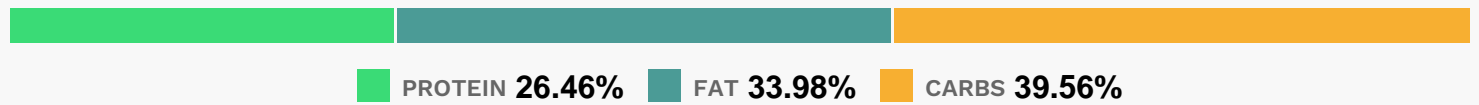
### Equipment

frying pan

## Directions

- Heat large skillet sprayed with cooking spray on medium heat.
- Place burger in one side of skillet and mushrooms and onions in other side of skillet.
- Cook 8 to 10 min. or until burger is lightly browned on both sides, turning burger over after 5 min. and stirring mushroom mixture occasionally.
- Spread bread with mustard; top with tomato, burger and mushroom mixture.

## Nutrition Facts



## Properties

Glycemic Index:245.33, Glycemic Load:9.89, Inflammation Score:-6, Nutrition Score:24.233913141748%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## Nutrients (% of daily need)

Calories: 285.79kcal (14.29%), Fat: 10.93g (16.81%), Saturated Fat: 4.13g (25.81%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 22.3g (8.11%), Sugar: 3.38g (3.76%), Cholesterol: 18.5mg (6.17%), Sodium: 748.78mg (32.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.14g (38.28%), Vitamin B1: 2.05mg (136.93%), Selenium: 36.19µg (51.7%), Manganese: 1mg (49.79%), Folate: 141.64µg (35.41%), Vitamin B2: 0.55mg (32.38%), Phosphorus: 304.5mg (30.45%), Vitamin B3: 5.68mg (28.42%), Vitamin K: 28.76µg (27.39%), Vitamin B12: 1.59µg (26.42%), Fiber: 6.32g (25.27%), Calcium: 238.04mg (23.8%), Copper: 0.37mg (18.6%), Iron: 3.12mg (17.33%), Magnesium: 65.39mg (16.35%), Vitamin B6: 0.31mg (15.44%), Zinc: 2.13mg (14.19%), Potassium: 495.77mg (14.16%), Vitamin B5: 1.15mg (11.49%), Vitamin C: 6.84mg (8.29%), Vitamin A: 303.59IU (6.07%), Vitamin E: 0.48mg (3.19%), Vitamin D: 0.19µg (1.24%)