



Cheesy Portabella Sliders

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



516 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon olive oil
- 4 portabello mushrooms cut into 1/4-inch slices
- 0.5 medium onion cut into 1/4-inch slices
- 0.5 teaspoon steak seasoning
- 6 slices provolone cheese cut in half
- 1 tablespoon chives fresh chopped
- 12 hawaiian rolls mini

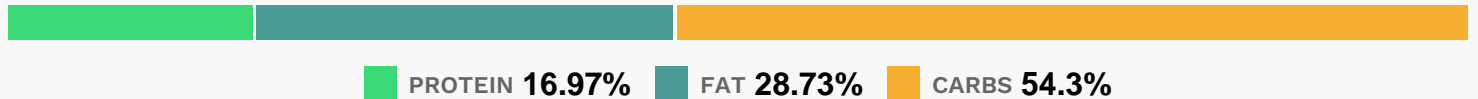
Equipment

- frying pan
- baking sheet
- baking paper
- oven
- grill
- aluminum foil

Directions

- In large skillet, heat oil over medium-high heat. Cook mushrooms in oil 3 to 5 minutes, stirring occasionally, until they begin to brown.
- Add onion; cook 2 to 3 minutes longer. Stir in grill seasoning.
- Set oven control to broil. Line cookie sheet with foil or cooking parchment paper.
- Place bun bottoms on cookie sheet; top each with mushroom mixture and half slice of cheese. Broil 30 to 60 seconds or until cheese is melted.
- Sprinkle with chives. Cover with bun tops.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:39.08, Inflammation Score:-6, Nutrition Score:23.273478321407%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 515.86kcal (25.79%), Fat: 16.46g (25.32%), Saturated Fat: 6.51g (40.68%), Carbohydrates: 69.97g (23.32%), Net Carbohydrates: 66.28g (24.1%), Sugar: 12.26g (13.62%), Cholesterol: 19.67mg (6.56%), Sodium: 852.72mg (37.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.74%), Selenium: 54.94µg (78.48%), Vitamin B1: 0.76mg (50.87%), Vitamin B3: 9.24mg (46.2%), Calcium: 410.12mg (41.01%), Manganese: 0.81mg (40.59%), Folate: 151.38µg (37.84%), Phosphorus: 367.22mg (36.72%), Vitamin B2: 0.59mg (34.64%), Iron: 4.98mg (27.68%), Copper: 0.4mg (19.85%), Zinc: 2.34mg (15.62%), Potassium: 526.51mg (15.04%), Fiber: 3.69g

(14.78%), Vitamin B6: 0.25mg (12.36%), Vitamin K: 12.59µg (11.99%), Vitamin B12: 0.72µg (11.94%), Vitamin B5: 1.11mg (11.13%), Magnesium: 39.9mg (9.98%), Vitamin E: 0.94mg (6.28%), Vitamin A: 291.59IU (5.83%), Vitamin C: 3.16mg (3.83%), Vitamin D: 0.39µg (2.63%)