



Crusted Portabella Burgers

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bread crumbs dried italian-style fine
- ☐ 2 tablespoons chili powder
- ☐ 2 large egg whites
- ☐ 2 teaspoons hot sauce canned minced
- ☐ 1 cup nonfat cream sour
- ☐ 1 tablespoon olive oil
- ☐ 4 servings bell pepper
- ☐ 4 portabella mushroom caps

- ☐ 0.3 cup onion red thinly sliced
- ☐ 4 servings salt
- ☐ 4 round sandwich buns
- ☐ 1 cup spinach leaves rinsed

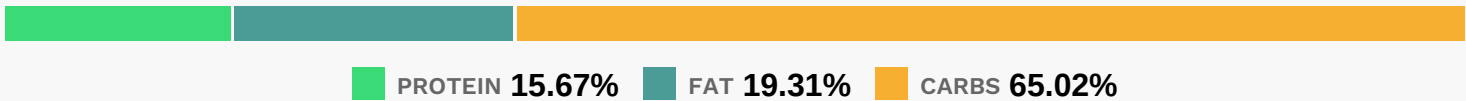
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a bowl, beat egg whites and oil to blend. In another bowl, mix crumbs and chili powder.
- ☐ Rinse mushroom caps; drain. Coat each cap with egg mixture, drain briefly, then coat with crumbs, shaking off excess. Set caps, gill sides down, slightly apart on a 12- by 15-inch baking sheet.
- ☐ Lay bun halves, cut sides up, side by side on another 12- by 15-inch baking sheet.
- ☐ Bake mushroom caps in a 450 oven until browned and flexible when pressed, about 20 minutes. About 3 minutes before mushrooms are done, add buns to oven; bake until lightly toasted.
- ☐ In a small bowl, mix sour cream and chipotle chilies.
- ☐ Spread mixture on cut sides of buns.
- ☐ Layer equal amounts of onion and spinach on each bun bottom, top with a mushroom cap, add salt and pepper to taste, and cover with bun top.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:30.811304139054%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 347.59kcal (17.38%), Fat: 7.69g (11.83%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 58.27g (19.42%), Net Carbohydrates: 51.47g (18.72%), Sugar: 8.9g (9.89%), Cholesterol: 5.18mg (1.73%), Sodium: 762.87mg (33.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.09%), Vitamin C: 98.24mg (119.07%), Vitamin A: 4368.69IU (87.37%), Selenium: 47.54µg (67.92%), Vitamin K: 47.19µg (44.94%), Vitamin B3: 8.11mg (40.53%), Folate: 146.13µg (36.53%), Vitamin B2: 0.61mg (36.09%), Vitamin B1: 0.49mg (32.89%), Manganese: 0.64mg (31.84%), Fiber: 6.8g (27.21%), Phosphorus: 257.61mg (25.76%), Vitamin B6: 0.49mg (24.73%), Vitamin E: 3.62mg (24.16%), Potassium: 777.75mg (22.22%), Copper: 0.44mg (21.78%), Iron: 3.84mg (21.31%), Calcium: 174.46mg (17.45%), Vitamin B5: 1.56mg (15.61%), Magnesium: 48.65mg (12.16%), Zinc: 1.82mg (12.13%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.25µg (1.68%)