



## Double-Decker Marinated Portobello "Burger"

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon pepper black freshly ground plus more for seasoning
- 1 loaf ciabatta bread
- 2 medium garlic clove finely chopped
- 1 teaspoon kosher salt plus more for seasoning
- 0.5 cup olive oil
- 3 pounds portobello mushrooms dark
- 10 ounces provolone cheese thinly sliced

- 2 tablespoons red wine vinegar
- 4 the of 1 cos lettuce
- 0.3 inch tomato ripe (from 2 medium, tomatoes)

## Equipment

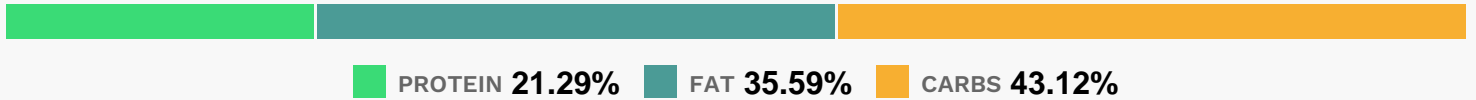
- bowl
- baking sheet
- knife
- whisk
- grill
- grill pan
- cutting board

## Directions

- Place the vinegars, garlic, measured salt, and measured pepper in a medium, nonreactive bowl. While whisking continuously, add the oil in a slow, steady stream until evenly incorporated.
- Place the mushrooms cap-side down in a single layer on a baking sheet and pour the marinade over them. Turn several times to coat, and let sit at room temperature for 30 minutes.
- Heat a grill pan or outdoor grill to high (about 450°F to 550°F). Slice the ciabatta widthwise into 4 pieces, each slightly smaller than the width of the mushrooms (you may have some bread leftover). Slice each piece in half horizontally to make 4 tops and 4 bottoms.
- Place the halves cut-side down on the grill and cook until brown and toasted, about 2 to 3 minutes.
- Remove the bread to a cutting board or work surface.
- Spread 1 heaping teaspoon of the pesto on each ciabatta top and bottom (2 teaspoons per sandwich—you'll probably have some pesto leftover).
- Place 2 tomato slices on each bottom and season with salt and pepper. Set aside while you grill the mushrooms.

- Place the mushrooms cap-side up on the grill, close the grill, and cook until just starting to become tender, about 4 minutes. Flip the mushrooms, top each with a quarter of the cheese, close the grill, and continue cooking until the mushrooms just give way when pierced with a knife and the cheese is melted, about 4 minutes more.
- Remove the mushrooms from the grill. Stack 2 mushrooms on top of each other, cheese side up, and place on a bottom piece of bread. Repeat with the remaining mushrooms and bread bottoms. Top with the lettuce leaves and bread tops and serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:44.25, Glycemic Load:1.94, Inflammation Score:-9, Nutrition Score:34.101739385854%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

### Nutrients (% of daily need)

Calories: 652.07kcal (32.6%), Fat: 26.33g (40.51%), Saturated Fat: 13.53g (84.59%), Carbohydrates: 71.76g (23.92%), Net Carbohydrates: 65.42g (23.79%), Sugar: 11.64g (12.93%), Cholesterol: 48.9mg (16.3%), Sodium: 1685.42mg (73.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.43g (70.87%), Selenium: 73.89µg (105.56%), Vitamin B3: 15.5mg (77.5%), Phosphorus: 733.7mg (73.37%), Vitamin A: 3065.31IU (61.31%), Calcium: 564.26mg (56.43%), Copper: 1.02mg (50.9%), Vitamin B5: 4.27mg (42.68%), Potassium: 1435.94mg (41.03%), Vitamin B2: 0.69mg (40.63%), Folate: 140.53µg (35.13%), Vitamin K: 33.96µg (32.34%), Vitamin B6: 0.6mg (29.77%), Zinc: 4.19mg (27.96%), Fiber: 6.34g (25.38%), Vitamin B12: 1.2µg (20.08%), Manganese: 0.37mg (18.41%), Vitamin B1: 0.24mg (15.84%), Iron: 1.93mg (10.71%), Vitamin D: 1.38µg (9.17%), Vitamin E: 1.05mg (7%), Magnesium: 26.81mg (6.7%), Vitamin C: 1.65mg (2%)