



## Portabella Mushroom Burgers

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 lb portabella mushrooms
- 0.3 cup balsamic vinegar
- 2 tablespoons vegetable oil
- 1 teaspoon basil dried
- 1 teaspoon oregano dried
- 1 tablespoon garlic finely chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

- 4 slices provolone cheese
- 4 hawaiian rolls split

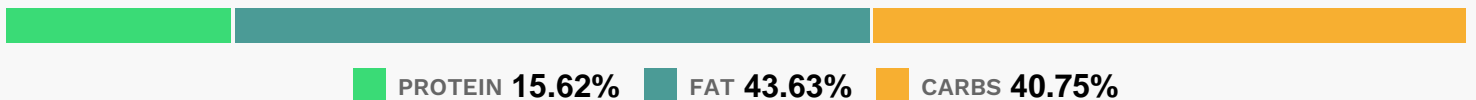
## Equipment

- bowl
- whisk
- grill
- ziploc bags

## Directions

- Heat gas or charcoal grill.
- In resealable food-storage plastic bag, place mushroom caps. In small bowl, mix vinegar, oil, basil, oregano, garlic, salt and pepper with whisk.
- Pour over mushrooms; seal bag.
- Let stand 15 minutes, turning twice.
- Place mushrooms on grill over medium heat; reserve marinade for basting. Cook uncovered, brushing with marinade frequently, 5 to 8 minutes. Turn mushrooms over; cook 3 to 6 minutes longer. Top mushrooms with cheese and place burger buns, cut side down, on grill rack. Cook 2 minutes more or until mushrooms are tender and cheese is melted.
- Serve mushrooms in buns.

## Nutrition Facts



## Properties

Glycemic Index:51.5, Glycemic Load:14.55, Inflammation Score:-6, Nutrition Score:14.002174056095%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 284.71kcal (14.24%), Fat: 13.88g (21.35%), Saturated Fat: 4.72g (29.47%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 26.9g (9.78%), Sugar: 7.79g (8.66%), Cholesterol: 13.11mg (4.37%), Sodium: 653.23mg (28.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.36%), Selenium: 30.59µg (43.7%), Vitamin B3: 5.7mg (28.5%), Phosphorus: 237.23mg (23.72%), Calcium: 230.35mg (23.04%), Vitamin K: 22.62µg (21.54%), Manganese: 0.42mg (20.94%), Vitamin B1: 0.29mg (19.5%), Vitamin B2: 0.31mg (18.08%), Folate: 68.17µg (17.04%), Copper: 0.32mg (15.77%), Iron: 2.41mg (13.39%), Potassium: 428.72mg (12.25%), Vitamin B5: 1.08mg (10.8%), Vitamin B6: 0.2mg (10.03%), Zinc: 1.45mg (9.65%), Fiber: 2.26g (9.04%), Vitamin B12: 0.41µg (6.77%), Vitamin E: 0.85mg (5.69%), Magnesium: 20.97mg (5.24%), Vitamin A: 178.86IU (3.58%), Vitamin D: 0.35µg (2.33%), Vitamin C: 1.2mg (1.45%)