



Garlic & mushroom burgers

READY IN



20 min.

SERVINGS



4

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 mushrooms trimmed
- ☐ 1 tsp unrefined sunflower oil
- ☐ 50 g gruyere cheese grated
- ☐ 1 garlic clove crushed
- ☐ 1 tbsp butter softened
- ☐ 4 hawaiian rolls split toasted
- ☐ 4 servings onion red sliced

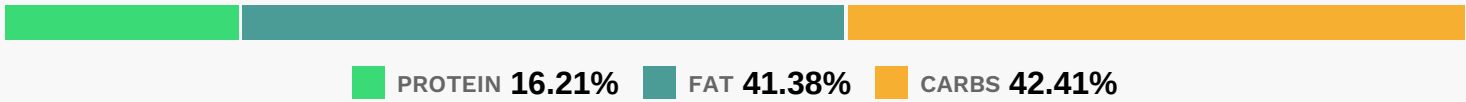
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Heat grill to high. Rub the mushrooms with oil; set on a baking sheet. Grill for 3 mins on each side until cooked, but still firm.
- ☐ Mix the cheese, garlic, butter and seasoning in a bowl, then spoon into the mushrooms. Grill until the cheese melts, then stuff into toasted buns with salad.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:13.11, Inflammation Score:-3, Nutrition Score:7.9521740208501%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 212.91kcal (10.65%), Fat: 9.8g (15.07%), Saturated Fat: 4.67g (29.2%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 21.58g (7.85%), Sugar: 3.62g (4.03%), Cholesterol: 21.38mg (7.13%), Sodium: 325.66mg (14.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.27%), Selenium: 15.52µg (22.17%), Calcium: 191.21mg (19.12%), Vitamin B1: 0.26mg (17.29%), Vitamin B2: 0.25mg (14.43%), Phosphorus: 138.54mg (13.85%), Manganese: 0.26mg (13.16%), Vitamin B3: 2.54mg (12.7%), Folate: 45.39µg (11.35%), Iron: 1.61mg (8.95%), Zinc: 0.92mg (6.13%), Copper: 0.12mg (5.86%), Vitamin B12: 0.3µg (5%), Vitamin E: 0.7mg (4.66%), Vitamin A: 207.73IU (4.15%), Magnesium: 16.55mg (4.14%), Fiber: 1.01g (4.03%), Vitamin B5: 0.38mg (3.79%), Potassium: 131.5mg (3.76%), Vitamin B6: 0.07mg (3.43%), Vitamin K: 2.73µg (2.6%), Vitamin C: 1.29mg (1.56%)