



Grilled Mushroom Swiss Burger

READY IN



35 min.

SERVINGS



6

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 8 oz mushrooms fresh sliced
- 3 tablespoons soya sauce
- 3 large garlic clove sliced finely chopped
- 1.5 lb ground beef 80% lean (at least)
- 0.5 teaspoon garlic powder
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 6 slices swiss cheese

- 6 hawaiian rolls split
- 2 medium tomatoes sliced
- 1 medium onion sliced

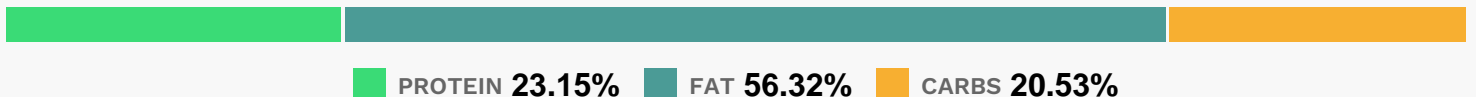
Equipment

- frying pan
- grill
- kitchen thermometer

Directions

- Heat gas or charcoal grill to medium heat.
- In 12-inch nonstick skillet, melt butter over medium-high heat.
- Add mushrooms, soy sauce and garlic; cook until mushrooms are tender and liquid evaporates. Set aside; keep warm.
- Shape beef into 6 (1/2 inch thick) patties.
- Sprinkle with garlic powder, salt and pepper.
- Place patties on grill; cover grill. Cook with medium heat 8 to 10 minutes, turning once, until meat thermometer inserted in center of patties reads 160°F.
- Place cheese slices on top of burgers; cover and cook 1 to 2 minutes longer or until cheese is melted.
- Place burgers in buns. Divide cooked mushrooms evenly over burgers. Top with tomatoes and onion.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:14.25, Inflammation Score:-6, Nutrition Score:21.835651988569%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 540.18kcal (27.01%), Fat: 33.67g (51.8%), Saturated Fat: 14.6g (91.24%), Carbohydrates: 27.62g (9.21%), Net Carbohydrates: 25.49g (9.27%), Sugar: 5.91g (6.57%), Cholesterol: 106.36mg (35.45%), Sodium: 1245.29mg (54.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.13g (62.26%), Selenium: 37.83µg (54.04%), Vitamin B12: 3.05µg (50.82%), Vitamin B3: 8.6mg (43.01%), Zinc: 6.16mg (41.1%), Phosphorus: 384.26mg (38.43%), Vitamin B2: 0.53mg (31.14%), Vitamin B6: 0.54mg (27.04%), Calcium: 249.89mg (24.99%), Iron: 4.31mg (23.94%), Vitamin B1: 0.35mg (23.21%), Manganese: 0.43mg (21.64%), Potassium: 646.34mg (18.47%), Folate: 67.9µg (16.97%), Copper: 0.3mg (14.8%), Vitamin B5: 1.32mg (13.19%), Magnesium: 49.08mg (12.27%), Vitamin A: 601.09IU (12.02%), Vitamin C: 8.8mg (10.66%), Fiber: 2.12g (8.5%), Vitamin K: 8.28µg (7.89%), Vitamin E: 1.02mg (6.83%), Vitamin D: 0.19µg (1.26%)