



Grilled Portobello Burger

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup mayonnaise
- ☐ 6 ounce part-skim mozzarella cheese
- ☐ 6 large portobello mushroom caps
- ☐ 0.5 cup kikkoman roasted garlic teriyaki marinade & sauce
- ☐ 6 sourdough buns split

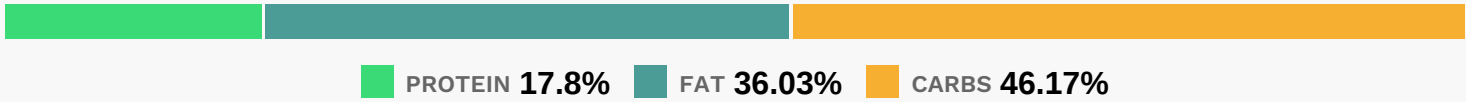
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine mushroom caps and teriyaki sauce in a heavy-duty zip-top plastic bag, turning to coat; seal and let stand 20 minutes.
- ☐ Grill mushroom caps, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 4 to 5 minutes on each side. Top with cheese, and grill 2 minutes.
- ☐ Spread mayonnaise on cut sides of buns. Grill buns, cut sides down, 1 minute or until toasted.
- ☐ Place mushrooms in buns, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:22.99, Inflammation Score:-2, Nutrition Score:12.29739123842%

Nutrients (% of daily need)

Calories: 348.55kcal (17.43%), Fat: 13.99g (21.53%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 40.35g (13.45%), Net Carbohydrates: 38.17g (13.88%), Sugar: 10.19g (11.32%), Cholesterol: 22.06mg (7.35%), Sodium: 1454.03mg (63.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.12%), Iron: 11.4mg (63.34%), Selenium: 20.18µg (28.84%), Phosphorus: 260.9mg (26.09%), Calcium: 237.35mg (23.73%), Vitamin B3: 4.11mg (20.55%), Vitamin K: 15.67µg (14.92%), Copper: 0.27mg (13.66%), Vitamin B2: 0.21mg (12.57%), Potassium: 385.44mg (11.01%), Vitamin B5: 1.04mg (10.44%), Fiber: 2.18g (8.72%), Vitamin B6: 0.17mg (8.45%), Zinc: 1.27mg (8.44%), Folate: 28.46µg (7.11%), Magnesium: 21.25mg (5.31%), Vitamin B12: 0.29µg (4.76%), Vitamin B1: 0.06mg (4.19%), Manganese: 0.06mg (3.07%), Vitamin A: 142.43IU (2.85%), Vitamin E: 0.36mg (2.42%), Vitamin D: 0.36µg (2.37%)