



## Grilled Portobello Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 bibb lettuce leaves
- 0.3 teaspoon pepper black
- 2 garlic cloves minced
- 6 ounce hamburger buns
- 2 teaspoons dijon honey mustard
- 0.3 cup catsup
- 2 tablespoons mustard prepared
- 2 inch onion
- 4 large portobello mushroom caps

- 1 bell pepper red cut into 4 wedges
- 0.5 ounce sharp cheddar cheese reduced-fat
- 8 sandwich-cut bread-and-butter pickles
- 2 tablespoons worcestershire sauce

## Equipment

- bowl
- grill
- ziploc bags

## Directions

- Prepare grill.
- Combine first 4 ingredients in a small bowl; brush both sides of mushroom caps with sauce mixture.
- Place bell pepper on grill rack coated with cooking spray; grill for 10 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 10 minutes. Peel.
- Place mushroom caps, top sides down, and onion on grill rack coated with cooking spray; grill 4 minutes on each side or until tender.
- Place 2 cheese slices on top of each mushroom cap; cover and grill 1 minute or until cheese melts.
- Spread 1 tablespoon ketchup and 1 1/2 teaspoons mustard over top half of each bun.
- Place mushroom caps on bottom halves of hamburger buns. Separate onion into rings; arrange onion slices evenly over mushrooms. Top each serving with 1 lettuce leaf, 2 pickles, and top half of bun.

## Nutrition Facts



PROTEIN 14.99%  FAT 14.39%  CARBS 70.62%

## Properties

Glycemic Index:79.19, Glycemic Load:30.87, Inflammation Score:-9, Nutrition Score:23.124347546826%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 330.59kcal (16.53%), Fat: 5.36g (8.25%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 59.2g (19.73%), Net Carbohydrates: 54.96g (19.98%), Sugar: 13.99g (15.54%), Cholesterol: 3.54mg (1.18%), Sodium: 823.13mg (35.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.12%), Selenium: 42.84µg (61.19%), Vitamin C: 41.5mg (50.3%), Vitamin B3: 8.61mg (43.04%), Vitamin B1: 0.59mg (39.01%), Manganese: 0.74mg (36.92%), Folate: 147.23µg (36.81%), Vitamin A: 1554.54IU (31.09%), Vitamin B2: 0.45mg (26.4%), Iron: 4.38mg (24.34%), Phosphorus: 239.05mg (23.9%), Calcium: 221.27mg (22.13%), Copper: 0.4mg (19.96%), Vitamin K: 19.91µg (18.96%), Potassium: 648.27mg (18.52%), Vitamin B6: 0.35mg (17.39%), Fiber: 4.25g (17%), Vitamin B5: 1.4mg (13.99%), Zinc: 1.54mg (10.27%), Magnesium: 37.13mg (9.28%), Vitamin E: 1.02mg (6.8%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.27µg (1.82%)