



Grilled Portobello Mushrooms with Hummus and Feta Cheese

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 loaf top good cut into 4 sections
- ☐ 4 servings feta cheese
- ☐ 8 ounce water
- ☐ 4 servings olive oil
- ☐ 4 large portabello mushrooms
- ☐ 4 servings sea salt black freshly ground

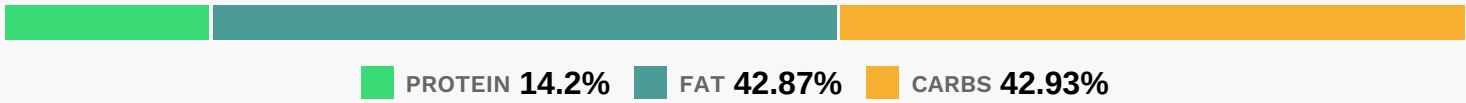
Equipment

☐ grill

Directions

- ☐ Preheat the grill.
- ☐ Pop out the stem from all of your portobello mushrooms.
- ☐ Season both sides of mushrooms. Start by drizzling olive oil (not too much, just a slight drizzle), some salt and fresh black pepper.
- ☐ Cook mushrooms over a hot fire for about 4 minutes on each side.
- ☐ Meanwhile: Split the pieces of bread, and pull out some of the soft center to make a hole for the mushroom burger.
- ☐ Place the bread face down on the grill to toast.
- ☐ Place the mushroom burger in the bread, and top with a tablespoon of hummus and a chunk of feta cheese right in the middle and cover with a piece of bread.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:41.44, Inflammation Score:-7, Nutrition Score:27.139565198318%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 588.11kcal (29.41%), Fat: 28.61g (44.02%), Saturated Fat: 7.32g (45.73%), Carbohydrates: 64.48g (21.49%), Net Carbohydrates: 57.76g (21%), Sugar: 6.72g (7.47%), Cholesterol: 26.7mg (8.9%), Sodium: 1166.75mg (50.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.32g (42.64%), Selenium: 50.2µg (71.72%), Vitamin B1: 0.91mg (60.53%), Manganese: 1.04mg (52.07%), Folate: 203.2µg (50.8%), Vitamin B2: 0.83mg (48.58%), Vitamin B3: 9.22mg (46.12%), Phosphorus: 396.77mg (39.68%), Copper: 0.7mg (35.1%), Iron: 5.84mg (32.43%), Fiber: 6.72g (26.88%), Vitamin B6: 0.47mg (23.61%), Zinc: 3.39mg (22.59%), Calcium: 224.55mg (22.45%), Magnesium: 78.13mg (19.53%), Vitamin B5: 1.66mg (16.58%), Potassium: 572.1mg (16.35%), Vitamin E: 2.3mg (15.32%), Vitamin K: 9.83µg (9.36%), Vitamin B12: 0.55µg (9.15%), Vitamin A: 144.16IU (2.88%), Vitamin D: 0.37µg (2.48%)