



## Marinated Mushroom-Topped Grilled Burgers

READY IN



20 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 lb ground beef lean
- ☐ 1.5 teaspoons lemon pepper
- ☐ 2 cups mushrooms fresh sliced
- ☐ 0.3 cup balsamic vinaigrette
- ☐ 4 portugese rolls split
- ☐ 4 oz swiss cheese

### Equipment

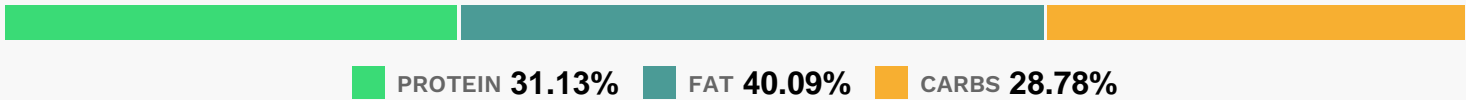
- ☐ bowl

☐ grill

## Directions

- ☐ Heat grill. In medium bowl, combine ground beef and 1 teaspoon of the lemon-pepper seasoning; mix well. Shape mixture into 4 patties, 1/2 inch thick.
- ☐ In medium bowl, combine mushrooms, remaining 1/2 teaspoon lemon-pepper seasoning and vinaigrette; toss to coat. Set aside.
- ☐ When ready to grill, place patties on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 11 to 13 minutes or until patties are thoroughly cooked, turning once.
- ☐ To toast rolls, place cut sides down on grill during last 1 to 2 minutes of cooking time.
- ☐ Place 1 slice of cheese on each patty; cook an additional minute or until cheese is melted.
- ☐ Place patties on bottom halves of rolls. Top each with mushroom mixture and top half of roll.

## Nutrition Facts



## Properties

Glycemic Index:41, Glycemic Load:23.51, Inflammation Score:-3, Nutrition Score:21.012608517771%

## Nutrients (% of daily need)

Calories: 506.54kcal (25.33%), Fat: 22.26g (34.24%), Saturated Fat: 8.24g (51.48%), Carbohydrates: 35.95g (11.98%), Net Carbohydrates: 34.22g (12.44%), Sugar: 5.78g (6.42%), Cholesterol: 96.67mg (32.22%), Sodium: 555.11mg (24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.89g (77.78%), Iron: 13.7mg (76.1%), Vitamin B12: 3.42µg (56.92%), Zinc: 7.27mg (48.46%), Selenium: 32.77µg (46.81%), Phosphorus: 429.72mg (42.97%), Vitamin B3: 7.99mg (39.94%), Calcium: 275.14mg (27.51%), Vitamin B2: 0.46mg (27.22%), Vitamin B6: 0.52mg (25.82%), Potassium: 575.09mg (16.43%), Vitamin B5: 1.58mg (15.79%), Copper: 0.26mg (13.16%), Magnesium: 39.91mg (9.98%), Fiber: 1.73g (6.94%), Manganese: 0.13mg (6.55%), Vitamin B1: 0.09mg (5.95%), Vitamin A: 239.4IU (4.79%), Folate: 16.51µg (4.13%), Vitamin E: 0.5mg (3.33%), Vitamin K: 1.96µg (1.87%), Vitamin D: 0.21µg (1.4%), Vitamin C: 1.01mg (1.22%)