



Mushroom and Provolone Patty Melts

READY IN



27 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup lager beer dark
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 8 ounce pre cremini mushrooms
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 1 pound ground beef 93% lean
- ☐ 1 tablespoon olive oil divided
- ☐ 0.3 cup onion divided thinly sliced
- ☐ 2.7 ounce provolone cheese reduced-fat
- ☐ 1.1 ounce cocktail rye bread

☐ 0.3 teaspoon salt divided

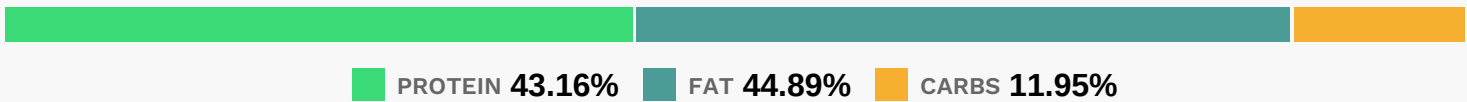
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Chop enough of the sliced onion to measure 1/4 cup.
- ☐ Combine chopped onion, beef, 1/8 teaspoon salt, and 1/8 teaspoon pepper in a medium bowl. Divide beef mixture into 4 equal portions with moist hands, shaping each into a 4-inch oval patty. Press thumb in center of each patty, leaving a nickel-sized indentation.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan, swirling to coat.
- ☐ Add patties; cook 4 minutes on each side or until done.
- ☐ Heat 2 teaspoons oil in a medium skillet over medium-high heat.
- ☐ Add mushrooms, remaining onion, 1/8 teaspoon salt, and 1/8 teaspoon pepper; saut 3 minutes.
- ☐ Sprinkle flour over mushroom mixture; cook 1 minute, stirring constantly. Stir in beer; cook 30 seconds or until thick.
- ☐ Remove from heat; keep warm.
- ☐ When patties are done, remove from large pan. Wipe pan clean; heat over medium-high heat. Coat 1 side of each bread slice with cooking spray.
- ☐ Place 4 bread slices, coated sides down, in pan. Top each with 1 patty, 1 cheese slice, and one-fourth of mushroom mixture. Top with remaining bread slices; coat with cooking spray. Cook 2 minutes on each side or until browned.

Nutrition Facts



Properties

Glycemic Index:63.46, Glycemic Load:2.69, Inflammation Score:-4, Nutrition Score:19.480434933434%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 299.02kcal (14.95%), Fat: 14.56g (22.4%), Saturated Fat: 6.35g (39.66%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 7.71g (2.8%), Sugar: 1.81g (2.01%), Cholesterol: 83.41mg (27.8%), Sodium: 409.79mg (17.82%), Alcohol: 0.58g (100%), Alcohol %: 0.32% (100%), Protein: 31.49g (62.98%), Selenium: 40.04µg (57.19%), Vitamin B12: 2.88µg (47.95%), Zinc: 7.12mg (47.49%), Vitamin B3: 8.84mg (44.22%), Phosphorus: 402.5mg (40.25%), Vitamin B2: 0.56mg (32.81%), Vitamin B6: 0.55mg (27.3%), Potassium: 706.63mg (20.19%), Copper: 0.4mg (19.89%), Iron: 3.34mg (18.54%), Calcium: 173.38mg (17.34%), Vitamin B5: 1.73mg (17.27%), Magnesium: 40.75mg (10.19%), Vitamin B1: 0.15mg (9.94%), Manganese: 0.19mg (9.68%), Folate: 34.5µg (8.62%), Vitamin E: 0.9mg (6%), Fiber: 1.01g (4.06%), Vitamin A: 168.58IU (3.37%), Vitamin K: 3.21µg (3.05%), Vitamin D: 0.27µg (1.77%)