



Mushroom Burgers

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 4 ounce part-skim mozzarella cheese
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 8 portobello mushroom caps
- ☐ 1 bell pepper red
- ☐ 0.3 teaspoon salt

- ☐ 1 onion sweet
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 1 bell pepper yellow

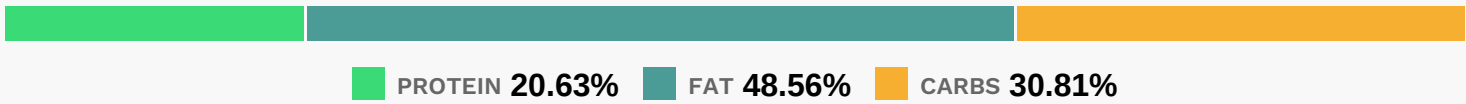
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Cut each bell pepper into 8 strips; cut onion into 8 slices.
- ☐ Combine vinegar and next 5 ingredients in a shallow dish or large zip-top plastic bag; add bell pepper and onion. Cover or seal, and chill 30 minutes.
- ☐ Add mushroom caps; cover or seal, and chill, turning occasionally, 30 more minutes.
- ☐ Remove vegetables from marinade, reserving marinade; set mushroom caps aside.
- ☐ Grill remaining vegetables, covered with grill lid, over medium-high heat (350 to 400
- ☐ minutes or until partially charred.
- ☐ Place 4 mushroom caps upside down, and top evenly with grilled vegetables and cheese slices; place remaining mushroom caps, right side up, over cheese.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 400
- ☐ until cheese melts, turning once.
- ☐ Serve with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:22.722174136535%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 12.41mg, Quercetin: 12.41mg, Quercetin: 12.41mg, Quercetin: 12.41mg

Nutrients (% of daily need)

Calories: 217.71kcal (10.89%), Fat: 12.34g (18.98%), Saturated Fat: 3.96g (24.77%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 13.72g (4.99%), Sugar: 9.94g (11.04%), Cholesterol: 18.14mg (6.05%), Sodium: 345.9mg (15.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Vitamin C: 97.22mg (117.84%), Selenium: 35.98µg (51.4%), Vitamin B3: 8.27mg (41.33%), Phosphorus: 353.3mg (35.33%), Copper: 0.58mg (29.1%), Vitamin B6: 0.52mg (26.23%), Calcium: 254.26mg (25.43%), Potassium: 874.67mg (24.99%), Vitamin A: 1208.04IU (24.16%), Folate: 91.11µg (22.78%), Vitamin B5: 2.17mg (21.72%), Vitamin B2: 0.36mg (20.93%), Fiber: 3.89g (15.57%), Manganese: 0.3mg (15.14%), Zinc: 1.93mg (12.88%), Vitamin K: 12.82µg (12.21%), Vitamin B1: 0.16mg (10.98%), Vitamin E: 1.58mg (10.55%), Iron: 1.24mg (6.91%), Magnesium: 23.07mg (5.77%), Vitamin B12: 0.32µg (5.27%), Vitamin D: 0.59µg (3.93%)