



Mushroom-Swiss Veggie Burgers

READY IN



20 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 vegetable burgers frozen
- 4.5 oz mushrooms drained sliced
- 4 oz swiss cheese reduced-fat
- 0.3 cup mayonnaise fat-free
- 4 hawaiian rolls
- 4 slices tomato
- 4 romaine leaves
- 1 serving catsup

Equipment

grill

Directions

Heat gas or charcoal grill.

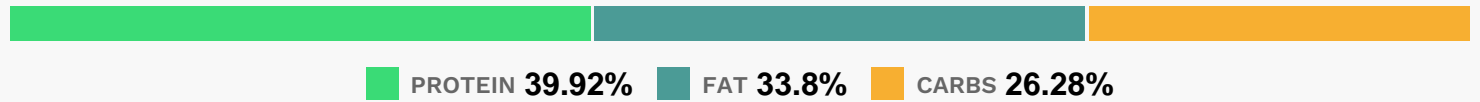
Place vegetable burger on grill over medium heat. Cover grill; cook 6 to 9 minutes, turning once, until thoroughly heated.

Divide mushrooms evenly onto patties; top with cheese. Cover grill; cook 1 to 2 minutes longer or until cheese is melted.

Spread 1 tablespoon mayonnaise on each bun.

Serve patties in buns with tomatoes, lettuce, ketchup and mustard.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:13.12, Inflammation Score:-8, Nutrition Score:13.51869564471%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 440.1kcal (22%), Fat: 15.76g (24.24%), Saturated Fat: 4.77g (29.8%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 25.94g (9.43%), Sugar: 6.69g (7.43%), Cholesterol: 119.07mg (39.69%), Sodium: 559.79mg (24.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.87g (83.73%), Vitamin A: 1982.44IU (39.65%), Calcium: 372.36mg (37.24%), Selenium: 18.48µg (26.39%), Phosphorus: 251.27mg (25.13%), Vitamin B2: 0.39mg (22.97%), Vitamin B1: 0.29mg (19.32%), Iron: 3.38mg (18.79%), Manganese: 0.33mg (16.64%), Vitamin B3: 3.13mg (15.65%), Folate: 57.15µg (14.29%), Zinc: 1.65mg (10.99%), Vitamin B12: 0.57µg (9.58%), Copper: 0.16mg (8.13%), Potassium: 251.89mg (7.2%), Vitamin C: 5.84mg (7.08%), Magnesium: 26.97mg (6.74%), Fiber: 1.63g (6.52%), Vitamin K: 5.96µg (5.68%), Vitamin B6: 0.11mg (5.68%), Vitamin B5: 0.48mg (4.8%), Vitamin E: 0.28mg (1.85%)