



Panko-Crusted Portabella Mushroom Burger

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



772 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings butter for grilling
- ☐ 3 large eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 leaves lettuce red
- ☐ 0.5 cup japanese mayonnaise or regular if you can't find it
- ☐ 4 onion rolls split
- ☐ 2 cups panko breadcrumbs

- ☐ 1 inches vegetable oil; peanut oil preferred for frying
- ☐ 4 round pineapple fresh canned either or
- ☐ 1 pound portobello mushroom caps
- ☐ 0.5 small onion red thinly sliced
- ☐ 4 teaspoons teriyaki sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ wire rack
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat the peanut oil to 350 degrees F in a large cast-iron skillet.
- ☐ Heat a grill pan over medium-high heat. Grill the pineapple slices to get nice grill marks, about 2 minutes per side. Butter and grill the buns as well.
- ☐ Set up a breading station of flour, eggs and panko seasoned with salt and pepper, in 3 separate shallow dishes. Dredge each mushroom cap in the flour first, then the egg and finally the panko. Fry the breaded mushrooms until golden brown and cooked through, 4 to 5 minutes.
- ☐ Drain on a baking sheet lined with a cooling rack or paper towels.
- ☐ Whisk together the mayonnaise and teriyaki sauce in a small bowl.
- ☐ Spread some teriyaki mayo on the bottom and top halves of the buns. Top the bottom bun with a pineapple slice, a fried portobello mushroom cap, some onion slices and red lettuce leaf. Oh man!

Nutrition Facts



 **PROTEIN 11.58%**  **FAT 39.07%**  **CARBS 49.35%**

Properties

Glycemic Index:58.5, Glycemic Load:17.63, Inflammation Score:-9, Nutrition Score:29.894347750622%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 771.74kcal (38.59%), Fat: 33.65g (51.77%), Saturated Fat: 7.54g (47.09%), Carbohydrates: 95.63g (31.88%), Net Carbohydrates: 89.11g (32.4%), Sugar: 17.97g (19.97%), Cholesterol: 162.01mg (54%), Sodium: 1061.8mg (46.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.43g (44.87%), Selenium: 52.06µg (74.38%), Vitamin K: 72.59µg (69.14%), Vitamin B1: 0.9mg (60.09%), Vitamin B3: 11.3mg (56.49%), Folate: 220.21µg (55.05%), Vitamin B2: 0.81mg (47.66%), Iron: 6.9mg (38.34%), Vitamin A: 1648.61IU (32.97%), Manganese: 0.64mg (32.23%), Phosphorus: 307.54mg (30.75%), Copper: 0.56mg (27.78%), Fiber: 6.53g (26.1%), Vitamin B5: 2.28mg (22.76%), Potassium: 698.52mg (19.96%), Vitamin B6: 0.37mg (18.27%), Calcium: 175mg (17.5%), Zinc: 1.91mg (12.7%), Vitamin E: 1.55mg (10.36%), Magnesium: 39.8mg (9.95%), Vitamin B12: 0.54µg (8.96%), Vitamin C: 7mg (8.49%), Vitamin D: 1.15µg (7.64%)