



## Portabella Mushroom Burgers with Red Pepper Mayonnaise

 Vegetarian  Dairy Free

READY IN



160 min.

SERVINGS



4

CALORIES



336 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup balsamic vinegar
- 1 tablespoon cayenne pepper to taste
- 4 cloves garlic chopped to taste
- 4 hamburger buns split
- 1 cup mayonnaise reduced-fat
- 4 large portobello mushroom caps
- 1 large bell pepper red

0.5 cup soya sauce

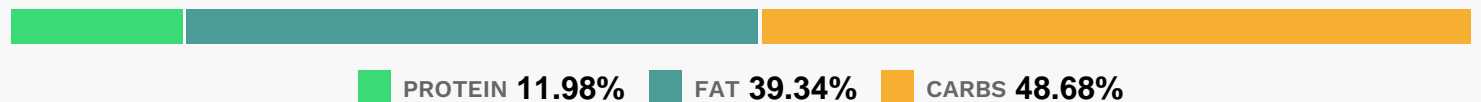
## Equipment

- bowl
- plastic wrap
- grill
- ziploc bags

## Directions

- Place mushrooms into a large resealable plastic bag; add soy sauce, balsamic vinegar, and garlic. Seal bag and shake to combine ingredients; marinate mushrooms at room temperature for 2 to 3 hours, turning bag occasionally.
- Preheat grill for medium–high heat and lightly oil the grate.
- Place red bell pepper onto the grate and grill until the skin is blistered and charred, turning often, about 10 minutes.
- Transfer pepper to a bowl and cover with plastic wrap; let pepper cool. When pepper is cool enough to handle, remove and discard skin, stem and seed the pepper, and chop.
- Mix pepper into mayonnaise in a bowl and stir in cayenne pepper. Chill red pepper mayonnaise until serving time.
- Grill marinated mushroom caps until browned and juicy, about 6 minutes per side.
- Serve mushrooms on buns, topped with red pepper mayonnaise.

## Nutrition Facts



## Properties

Glycemic Index:55.25, Glycemic Load:16.71, Inflammation Score:-9, Nutrition Score:20.617826155994%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 336.29kcal (16.81%), Fat: 14.79g (22.75%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 37.82g (13.75%), Sugar: 14.36g (15.96%), Cholesterol: 8.96mg (2.99%), Sodium: 2312.9mg (100.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.26%), Vitamin C: 54.93mg (66.58%), Selenium: 29.58µg (42.26%), Vitamin A: 1843.73IU (36.87%), Vitamin B3: 7.25mg (36.27%), Vitamin K: 35.2µg (33.52%), Manganese: 0.61mg (30.36%), Folate: 91.68µg (22.92%), Vitamin B1: 0.34mg (22.46%), Phosphorus: 205.22mg (20.52%), Vitamin B6: 0.4mg (19.88%), Vitamin B2: 0.33mg (19.45%), Copper: 0.37mg (18.29%), Potassium: 596.47mg (17.04%), Iron: 3.06mg (16.99%), Vitamin E: 2.38mg (15.88%), Fiber: 3.36g (13.45%), Vitamin B5: 1.25mg (12.47%), Calcium: 92.36mg (9.24%), Magnesium: 34.01mg (8.5%), Zinc: 1.12mg (7.45%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.25µg (1.68%)