



Portobello Buffalo Burgers with Celery Apple Slaw



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 rib celery stalks
- ☐ 1.5 teaspoons apple cider vinegar
- ☐ 0.5 apples i use 2 granny smith apples cored unpeeled (left)
- ☐ 1 pound frangelico
- ☐ 1 tablespoons mayonnaise
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons olive oil divided

- ☐ 1 medium onion chopped
- ☐ 10 ounces portabello mushrooms trimmed quartered
- ☐ 0.3 teaspoon sugar
- ☐ 1 teaspoon coarse mustard

Equipment

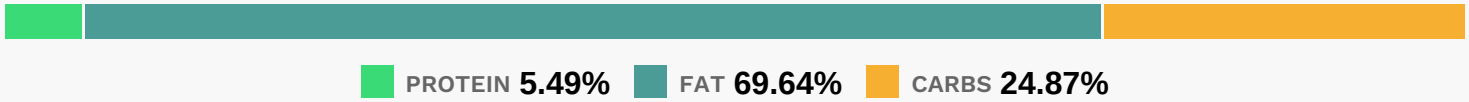
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Pulse onion and mushrooms in a food processor until finely chopped.
- ☐ Heat 2 tablespoons oil in a 10-inch heavy skillet over medium heat until it shimmers.
- ☐ Add mushroom mixture, 3/4 teaspoon salt, and rounded 1/4 teaspoon pepper and cook, stirring occasionally, until vegetables begin to brown and liquid has evaporated, 8 to 10 minutes.
- ☐ Transfer to a bowl and cool to warm, stirring occasionally, about 15 minutes.
- ☐ Cut celery and apple into 2-inch-long thin julienne with slicer.
- ☐ Whisk together mayonnaise, vinegar, oil, mustard, sugar, rounded 1/8 teaspoon salt, and 1/8 teaspoon pepper in a medium bowl.
- ☐ Add celery and apple, tossing to coat.
- ☐ Let stand 15 minutes to develop flavors.
- ☐ Mix buffalo into cooled mushroom mixture with your hands until well combined. Form into 4 (4-inch) patties.
- ☐ Heat remaining 2 teaspoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Cook burgers, turning once, about 8 minutes total for medium-rare.
- ☐ Serve burgers, topped with slaw, on buns.
- ☐ Per serving: Calories 389, Total fat 29 g, Saturated Fat 2 g, Cholesterol 79 mg, Sodium 733 mg, Carbohydrate 8 g, Fiber 2 g, Protein 23 g

- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:70.77, Glycemic Load:1.59, Inflammation Score:-3, Nutrition Score:6.2973912824755%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 135.13kcal (6.76%), Fat: 10.98g (16.89%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 6.82g (2.48%), Sugar: 5.61g (6.23%), Cholesterol: 1.47mg (0.49%), Sodium: 44.34mg (1.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Selenium: 13.83µg (19.76%), Vitamin B3: 3.25mg (16.23%), Copper: 0.22mg (11.07%), Vitamin K: 11.3µg (10.76%), Potassium: 327.8mg (9.37%), Phosphorus: 89.38mg (8.94%), Vitamin E: 1.33mg (8.89%), Vitamin B5: 0.87mg (8.67%), Fiber: 2g (7.99%), Vitamin B6: 0.15mg (7.44%), Folate: 26.19µg (6.55%), Vitamin B2: 0.11mg (6.31%), Manganese: 0.1mg (5.15%), Vitamin B1: 0.06mg (4.08%), Vitamin C: 3.1mg (3.76%), Zinc: 0.45mg (2.97%), Iron: 0.38mg (2.12%), Vitamin D: 0.22µg (1.46%), Magnesium: 4.67mg (1.17%), Calcium: 11.3mg (1.13%)