



Portobello "Burgers"

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup tightly baby spinach leaves packed
- 4 big colby jack cheese kraft
- 1 Tbsp grey poupon dijon mustard
- 0.3 cup 1/4 cup kraft zesty italian dressing italian divided kraft
- 0.3 cup real mayo mayonnaise kraft
- 4 large portobello mushroom caps (4-)
- 4 multi-grain sandwich rolls split
- 1 tomatoes cut into 8 thin slices

Equipment

grill

Directions

Heat grill to medium-high heat.

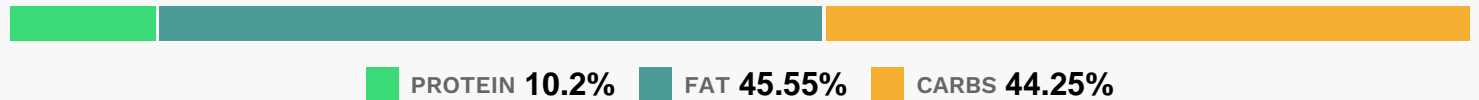
Brush tops of mushrooms with half the dressing; grill, top sides down, 2 to 3 min. or until mushrooms begin to soften.

Brush with remaining dressing; turn. Grill 2 to 3 min. or until tender.

Top with cheese; grill 1 min. or until melted.

Mix mayo and mustard until blended; spread onto bottom halves of rolls. Fill rolls with spinach, tomatoes and mushrooms.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.8334782227226%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 52.71kcal (2.64%), Fat: 2.7g (4.15%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 5.4g (1.96%), Sugar: 0.91g (1.01%), Cholesterol: 1.09mg (0.36%), Sodium: 97.14mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin K: 11.22µg (10.69%), Selenium: 6.4µg (9.15%), Vitamin B3: 1.04mg (5.18%), Folate: 15.68µg (3.92%), Vitamin B1: 0.06mg (3.74%), Manganese: 0.07mg (3.55%), Vitamin A: 157.83IU (3.16%), Vitamin B2: 0.05mg (3.1%), Copper: 0.06mg (2.96%), Phosphorus: 27.61mg (2.76%), Potassium: 80.65mg (2.3%), Iron: 0.41mg (2.27%), Vitamin B5: 0.2mg (2.02%), Fiber: 0.5g (1.98%), Vitamin B6: 0.03mg (1.58%), Vitamin E: 0.22mg (1.46%), Calcium: 12.71mg (1.27%), Vitamin C: 1.02mg (1.24%), Zinc: 0.19mg (1.24%), Magnesium: 4.42mg (1.11%)