



Portobello Burgers with Pesto, Provolone, and Roasted Peppers

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces arugula
- ☐ 4 ciabatta rolls whole split
- ☐ 0.3 cup mayonnaise
- ☐ 4 servings olive oil
- ☐ 0.5 cup basil pesto
- ☐ 4 portabello mushrooms dark stemmed
- ☐ 4 slices provolone cheese

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4 servings roasted peppers red drained

Equipment

☐

bowl

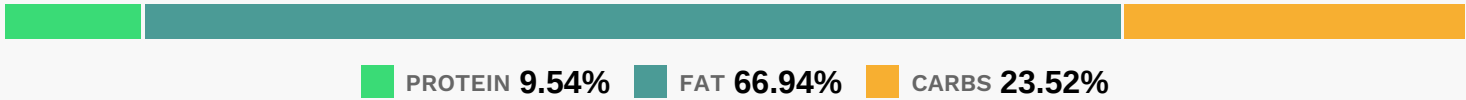
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grill

Directions

- ☐
- Stir pesto and mayonnaise in small bowl toblend. Season with salt and pepper.
- ☐
- Prepare barbecue (medium-high heat).Grill rolls, cut side down, until lightlytoasted.
- ☐
- Transfer to plates.
- ☐
- Spread grilledside of rolls with pesto mayonnaise.
- ☐
- Brush mushrooms on both sides with oil;sprinkle with salt and pepper. Grill, roundedside up, 4 minutes. Turn mushrooms over.Cover and grill until mushrooms are tender,about 4 minutes.
- ☐
- Place 1 mushroom oneach roll bottom. Top each with enough redpepper pieces to cover, then with arugulaand cheese. Press roll tops over and serve.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:12.286956548691%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 556.06kcal (27.8%), Fat: 41.78g (64.27%), Saturated Fat: 9.09g (56.81%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 30.59g (11.13%), Sugar: 3.57g (3.97%), Cholesterol: 21.47mg (7.16%), Sodium: 816.64mg (35.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.79%), Vitamin K: 47.12µg (44.87%), Selenium: 18.75µg (26.78%), Vitamin A: 1142.83IU (22.86%), Calcium: 220.42mg (22.04%), Phosphorus: 195.47mg (19.55%), Vitamin B3: 3.85mg (19.27%), Vitamin E: 2.6mg (17.31%), Copper: 0.26mg (13%), Vitamin B5: 1.13mg

(11.34%), Potassium: 388.68mg (11.11%), Vitamin B2: 0.19mg (10.9%), Folate: 40.03µg (10.01%), Fiber: 2.44g (9.77%), Zinc: 1.15mg (7.66%), Vitamin B6: 0.15mg (7.57%), Vitamin B12: 0.34µg (5.6%), Manganese: 0.11mg (5.4%), Iron: 0.86mg (4.79%), Vitamin B1: 0.06mg (4.07%), Vitamin C: 2.59mg (3.14%), Magnesium: 12.23mg (3.06%), Vitamin D: 0.38µg (2.5%)