



Portobello Burgers with Roasted Pepper Paste and Smoked Mozzarella

 Vegetarian

READY IN



42 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings baby spinach leaves whole
- ☐ 0.1 cup balsamic vinegar (3 1 tablespoones)
- ☐ 4 large crusty rolls split
- ☐ 1 handful flat-leaf parsley leaves
- ☐ 0.5 pound mozzarella cheese smoked fresh sliced
- ☐ 2 sprigs rosemary fresh chopped
- ☐ 1 large clove garlic

- ☐ 2 teaspoons grill seasoning blend (preferred brand: McCormick Montreal Steak Seasoning)
- ☐ 1 juice of lemon juiced
- ☐ 2 tablespoons olive oil extra-virgin (2 turns of the bottle in a slow stream)
- ☐ 4 servings drizzle olive oil extra-virgin
- ☐ 4 servings tomato and onion salad
- ☐ 4 servings pasta salad with ricotta salata and broccolini, recipe under this show number: tm1a04
- ☐ 4 large portobello mushroom caps
- ☐ 4 servings onions red thinly sliced
- ☐ 14 ounce roasted peppers drained
- ☐ 4 servings salt and pepper
- ☐ 4 servings onion and garlic yukon gold potato chips (preferred brand: Terra Chips)

Equipment

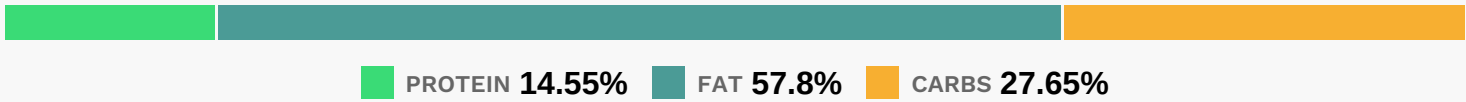
- ☐ food processor
- ☐ frying pan
- ☐ grill

Directions

- ☐ Combine first 4 ingredients in the bottom of a large food storage bag.
- ☐ Add mushroom caps, seal bag and shake bag to coat caps, then let the mushrooms marinate for 15 minutes.
- ☐ Grill mushrooms on indoor electric grill, starting with caps down, turning to caps up, 6 minutes on each side. Pan-fry in large nonstick skillet for same amount of time. Season caps while they cook on each side with grill seasoning or a little salt and pepper. Melt the smoked cheese over mushroom caps in the last minute of grill time.
- ☐ To make the red pepper paste, combine the roasted red peppers, oil, parsley, garlic, salt, and pepper in food processor and pulse grind into thick sauce.
- ☐ To serve, place the grilled mushroom caps topped with melted cheese on the bun bottoms. Top with spinach and onion.
- ☐ Spread bun tops with roasted pepper paste.

Serve with Tomato and Onion Salad and Pasta Salad with Ricotta Salata and Broccolini.

Nutrition Facts



Properties

Glycemic Index:83.94, Glycemic Load:2.52, Inflammation Score:-10, Nutrition Score:34.124347645303%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2.81mg, Isorhamnetin: 2.81mg, Isorhamnetin: 2.81mg, Isorhamnetin: 2.81mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg

Nutrients (% of daily need)

Calories: 556.27kcal (27.81%), Fat: 36.52g (56.19%), Saturated Fat: 11.03g (68.93%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 33.84g (12.31%), Sugar: 6.76g (7.51%), Cholesterol: 45.3mg (15.1%), Sodium: 2192.18mg (95.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.68g (41.36%), Vitamin K: 184.34µg (175.56%), Vitamin C: 63.51mg (76.98%), Vitamin A: 3830.48IU (76.61%), Selenium: 38.47µg (54.96%), Manganese: 0.91mg (45.6%), Calcium: 429.22mg (42.92%), Folate: 165.55µg (41.39%), Phosphorus: 386.07mg (38.61%), Vitamin B3: 6.6mg (33%), Vitamin B2: 0.51mg (29.85%), Vitamin E: 3.93mg (26.21%), Copper: 0.51mg (25.57%), Vitamin B1: 0.37mg (24.88%), Vitamin B6: 0.49mg (24.74%), Potassium: 829.78mg (23.71%), Iron: 4.02mg (22.36%), Vitamin B12: 1.34µg (22.3%), Fiber: 5.48g (21.94%), Zinc: 3mg (19.98%), Magnesium: 64.88mg (16.22%), Vitamin B5: 1.38mg (13.82%), Vitamin D: 0.48µg (3.21%)