



Portobello Burgers with Spicy Mayo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 1 teaspoon bottled chili sauce
- ☐ 4 hamburger buns toasted
- ☐ 0.3 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons mayonnaise
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 4 medium size portabello mushrooms stemmed
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.3 teaspoon greek seasoning
- ☐ 4 servings toppings
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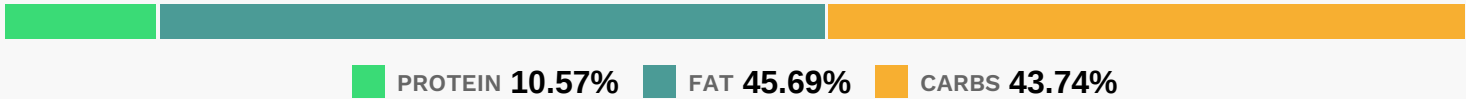
Equipment

- ☐ grill

Directions

- ☐ Preheat grill to 300 to 350 (medium) heat. Stir together mayonnaise, vinegar, chili sauce, crushed red pepper, and Italian seasoning. Coat portobello mushrooms with olive oil; sprinkle with kosher salt, pepper, and Greek seasoning. Grill, covered with grill lid, 7 minutes on each side or until tender.
- ☐ Serve on toasted buns with desired toppings.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:12.93, Inflammation Score:-3, Nutrition Score:11.474782656068%

Nutrients (% of daily need)

Calories: 231.11kcal (11.56%), Fat: 11.89g (18.29%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 23.42g (8.52%), Sugar: 5.5g (6.11%), Cholesterol: 4.41mg (1.47%), Sodium: 453.08mg (19.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Selenium: 27.65µg (39.5%), Vitamin B3: 5.64mg (28.21%), Vitamin K: 23.61µg (22.48%), Vitamin B1: 0.29mg (19.12%), Manganese: 0.34mg (17.09%), Folate: 65.7µg (16.42%), Copper: 0.3mg (14.89%), Vitamin B2: 0.24mg (14.39%), Phosphorus: 138.69mg (13.87%), Iron: 2mg (11.09%), Potassium: 377.9mg (10.8%), Vitamin B5: 0.98mg (9.84%), Fiber: 2.2g (8.79%), Vitamin B6: 0.16mg (8.22%), Calcium: 74.02mg (7.4%), Vitamin E: 0.96mg (6.43%), Zinc: 0.8mg (5.34%), Magnesium: 11.97mg (2.99%), Vitamin B12: 0.14µg (2.34%), Vitamin A: 97.93IU (1.96%), Vitamin D: 0.27µg (1.82%)