



Portobello Cheeseburgers

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups arugula trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon bottled garlic minced
- ☐ 1 ounce gorgonzola crumbled
- ☐ 3 tablespoons mayonnaise reduced-fat
- ☐ 2 teaspoons olive oil
- ☐ 16 inch portabello mushrooms
- ☐ 0.5 cup roasted peppers red sliced

- ☐ 0.3 teaspoon salt
- ☐ 8 ounce sandwich rolls

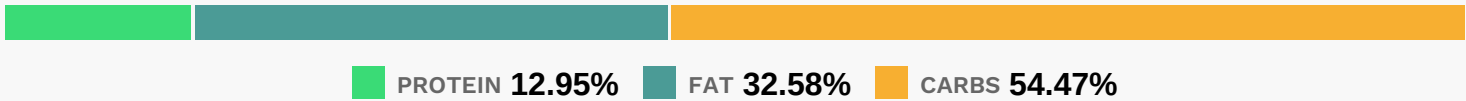
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle mushrooms with salt and pepper.
- ☐ Add mushrooms to pan; saut 4 minutes or until tender, turning once.
- ☐ Add garlic to pan; saut 30 seconds.
- ☐ Remove from heat.
- ☐ Combine cheese and mayonnaise, stirring well.
- ☐ Spread about 2 tablespoons mayonnaise mixture over bottom half of each roll; top each serving with 1/2 cup arugula and 2 tablespoons peppers.
- ☐ Place 1 mushroom on each serving, and top with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:11.038695529751%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 247.6kcal (12.38%), Fat: 8.98g (13.82%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 31.86g (11.59%), Sugar: 1.91g (2.12%), Cholesterol: 7mg (2.33%), Sodium: 866.02mg (37.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.07%), Selenium: 25.98µg (37.12%), Manganese: 0.41mg (20.42%), Vitamin B1: 0.3mg (19.75%), Folate: 72.31µg (18.08%), Vitamin K: 18.52µg (17.64%), Vitamin B3: 3.09mg

(15.44%), Vitamin B2: 0.25mg (14.65%), Vitamin C: 10.81mg (13.1%), Iron: 2.3mg (12.79%), Calcium: 122.85mg (12.28%), Phosphorus: 111.31mg (11.13%), Copper: 0.17mg (8.48%), Vitamin A: 390.75IU (7.81%), Fiber: 1.92g (7.67%), Vitamin B6: 0.13mg (6.61%), Magnesium: 24.93mg (6.23%), Zinc: 0.91mg (6.04%), Potassium: 198.81mg (5.68%), Vitamin B5: 0.55mg (5.51%), Vitamin E: 0.82mg (5.49%), Vitamin B12: 0.09µg (1.53%)