



Portobello Mushroom Burger

 Vegetarian  Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



481 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup baby arugula
- 4 hamburger buns split toasted
- 0.5 cup mayonnaise
- 2 teaspoons mustard coarse-grained
- 0.3 cup olive oil
- 1 tablespoon pesto prepared
- 4 portobello mushroom caps cleaned
- 12 ounce roasted peppers red drained

4 servings salt and pepper black freshly ground

Equipment

bowl

grill

Directions

Preheat grill to medium-high heat.

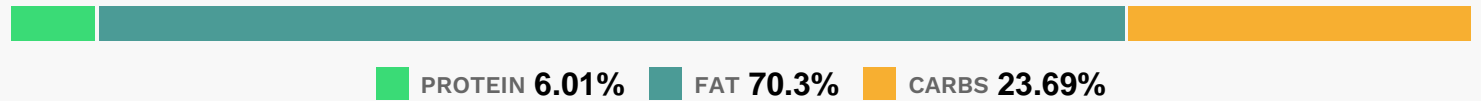
Brush mushrooms caps with olive oil; sprinkle evenly with salt and pepper. Grill mushrooms, smooth side down, covered with grill lid, for 6 to 8 minutes, or until tender.

In a small bowl, combine mayonnaise, pesto, mustard, 1/4 teaspoon salt and 1/4 teaspoon pepper.

Spread mixture evenly over cut sides of buns. Divide arugula evenly over bottom halves of buns. Top each evenly with peppers.

Place mushrooms caps over peppers. Cover with tops of buns.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:13.01, Inflammation Score:-7, Nutrition Score:18.660434919855%

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: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 481.04kcal (24.05%), Fat: 38.18g (58.74%), Saturated Fat: 5.84g (36.51%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 25.79g (9.38%), Sugar: 5.65g (6.28%), Cholesterol: 12.06mg (4.02%), Sodium: 1626.3mg (70.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Vitamin K: 61.48µg (58.55%), Vitamin C: 40.87mg (49.54%), Selenium: 29.09µg (41.56%), Vitamin B3: 6.07mg (30.35%), Manganese: 0.47mg (23.65%), Folate: 83.99µg (21%), Vitamin B1: 0.31mg (20.94%), Copper: 0.41mg (20.5%), Vitamin E: 3.03mg (20.18%),

Phosphorus: 162.5mg (16.25%), Vitamin B2: 0.27mg (16.11%), Vitamin B6: 0.31mg (15.54%), Iron: 2.69mg (14.97%), Potassium: 511.65mg (14.62%), Vitamin A: 657.45IU (13.15%), Fiber: 3.16g (12.64%), Calcium: 117.74mg (11.77%), Vitamin B5: 1.07mg (10.69%), Zinc: 0.99mg (6.63%), Magnesium: 23.25mg (5.81%), Vitamin B12: 0.16µg (2.69%), Vitamin D: 0.31µg (2.05%)