



## Portobello Mushroom Burger



Vegetarian



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



434 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 4 portobello mushroom caps
- ☐ 4 servings olive oil extra virgin
- ☐ 8 ounce sun-dried tomatoes in oil
- ☐ 8 ounces baby spinach
- ☐ 1 onion red sliced into 1/4-inch rounds
- ☐ 4 servings salt
- ☐ 4 servings mayonnaise
- ☐ 4 hamburger buns

## Equipment



- ☐ frying pan
- ☐ paper towels
- ☐ grill

## Directions

- ☐ Prepare your grill for high, direct heat.
- ☐ Wilt the baby spinach: While the grill is heating, if you wish, sauté the baby spinach in a tablespoon of olive oil and a sprinkle of salt in a large sauté pan on medium high heat, just until the spinach wilts, then remove to a plate.
- ☐ The gently wilted spinach will stay on the portobello mushroom burger better than raw spinach, which tends to fall off.
- ☐ Or you can use raw baby spinach. Your choice.
- ☐ mushrooms and brush with oil: Wipe the mushrooms clean with a damp paper towel. If you are working with whole mushrooms, slice off the stems (you can use for another purpose, chopped and sautéed or for making stock.)
- ☐ Paint the tops of the mushroom caps with some of the oil from the sun-dried tomatoes.
- ☐ Grill onion rounds, mushroom caps, buns: Scrape the grill grates clean. Using a folded up paper towel dipped in olive oil, wipe down the grill grates to oil them.
- ☐ Brush the onion rounds with some olive oil and place them on the grill.
- ☐ Place the mushroom caps on the grill, top side down first.
- ☐ Sprinkle with a little salt. Grill the mushroom caps and the onion rounds for 4-5 minutes per side.
- ☐ Grill the burger buns, cut side down, for about 1/2 to 1 minute, until lightly toasted.
- ☐ Assemble: To assemble, spread some mayonnaise on each bun. Put a portobello mushroom cap on the bottom, then layer on the spinach, sun-dried tomatoes, and finally some onion.
- ☐ Serve at once.

## Nutrition Facts



 **PROTEIN 9.42%**  **FAT 53.37%**  **CARBS 37.21%**

Properties

Glycemic Index:42.75, Glycemic Load:13.71, Inflammation Score:-10, Nutrition Score:35.44565194586%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 434.22kcal (21.71%), Fat: 27.2g (41.84%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 42.67g (14.22%), Net Carbohydrates: 35.8g (13.02%), Sugar: 6.66g (7.4%), Cholesterol: 1.68mg (0.56%), Sodium: 636.16mg (27.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.81g (21.61%), Vitamin K: 290.98µg (277.12%), Vitamin A: 6049.4IU (120.99%), Vitamin C: 76.25mg (92.42%), Manganese: 1.1mg (55.24%), Folate: 192.4µg (48.1%), Potassium: 1603.07mg (45.8%), Selenium: 29.82µg (42.6%), Vitamin B3: 8.07mg (40.36%), Vitamin B2: 0.57mg (33.49%), Copper: 0.64mg (32.03%), Vitamin B1: 0.45mg (29.98%), Fiber: 6.87g (27.48%), Iron: 4.94mg (27.43%), Magnesium: 103.4mg (25.85%), Phosphorus: 249.56mg (24.96%), Vitamin B6: 0.48mg (23.81%), Vitamin E: 3.44mg (22.91%), Calcium: 154.13mg (15.41%), Vitamin B5: 1.31mg (13.07%), Zinc: 1.56mg (10.37%), Vitamin B12: 0.13µg (2.21%), Vitamin D: 0.26µg (1.73%)