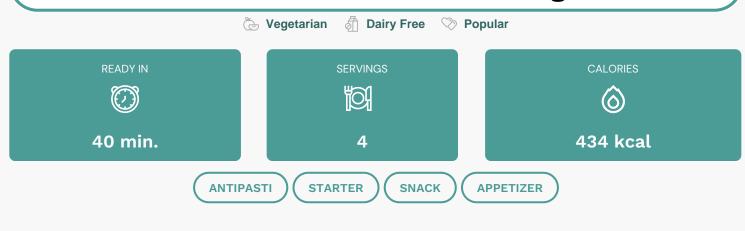


Portobello Mushroom Burger



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

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, Quercetin: 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: Og (100%), Alcohol %: O% (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%)