



## Portobello Mushroom Burger

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 24 basil leaves whole
- ☐ 30 kalamata olives to taste
- ☐ 0.7 cup mozzarella cheese grated
- ☐ 4 large portabello mushrooms whole
- ☐ 2 tablespoon red wine vinegar
- ☐ 8 strips roasted bell pepper red fine (from a jar is )
- ☐ 4 servings salt and pepper
- ☐ 4 very kaiser rolls good cut in half

- ☐ 2 very tomatoes good for another use.
- ☐ 0.5 cup water

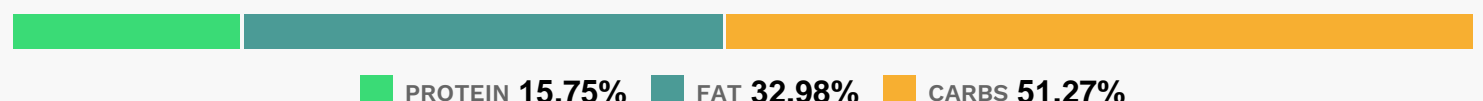
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ grill pan

## Directions

- ☐ Pre-heat the oven to 400 degrees. Cover a large rimmed baking sheet, or appropriately sized ovenproof plate with foil. Toss mushrooms with oil, water red wine vinegar; season with salt and pepper. Arrange the mushrooms stem side down; cover loosely with more foil. Roast until tender, 30 to 45 minutes. Meanwhile brush the cut side of all the Kaiser roll halves with a little olive oil. Then set them oiled side down onto a grill pan, until lightly toasted. When the mushrooms are ready remove the top layer of foil and turn each cap over so that the ribs are facing up. Carefully drain off any of the accumulated liquid. Fill each cap with some of the grated cheese. Set the caps under a broiler until the cheese is bubbly and beginning to brown.
- ☐ Lay the toasted rolls out on a large surface or serving tray. Cover the tops of each roll with 5-6 whole basil leaves. Top the basil with a mushroom cap. The push 5 or 6 kalamata olives into the melted-cheese. The cheese should act like glue keeping them from rolling off the "burger". On the other side of the roll layer the red bell pepper and tomato. Invert the top onto the bottom of the burger. This is a messy burger so I advise cutting it in half to make it easier to handle.

## Nutrition Facts



## Properties

Glycemic Index:52, Glycemic Load:23.72, Inflammation Score:-6, Nutrition Score:13.911739193875%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 304.63kcal (15.23%), Fat: 11.4g (17.54%), Saturated Fat: 3.13g (19.58%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 35.94g (13.07%), Sugar: 8.41g (9.34%), Cholesterol: 14.75mg (4.92%), Sodium: 1111.54mg (48.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.5%), Iron: 11.43mg (63.52%), Selenium: 19.08µg (27.26%), Vitamin B3: 4.26mg (21.32%), Vitamin A: 893.38IU (17.87%), Phosphorus: 175.1mg (17.51%), Copper: 0.33mg (16.6%), Fiber: 3.95g (15.79%), Vitamin K: 15.67µg (14.92%), Potassium: 491.27mg (14.04%), Calcium: 131.45mg (13.15%), Vitamin C: 9.82mg (11.91%), Vitamin B5: 1.05mg (10.51%), Vitamin B2: 0.18mg (10.48%), Vitamin E: 1.55mg (10.31%), Vitamin B6: 0.2mg (9.85%), Folate: 36.9µg (9.23%), Manganese: 0.17mg (8.42%), Vitamin B12: 0.47µg (7.79%), Zinc: 1.14mg (7.57%), Vitamin B1: 0.09mg (5.7%), Magnesium: 16.16mg (4.04%), Vitamin D: 0.33µg (2.18%)