



Portobello Mushroom Burgers



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 4 portobello mushroom caps
- ☐ 4 ounce provolone cheese
- ☐ 4 servings salt and pepper to taste

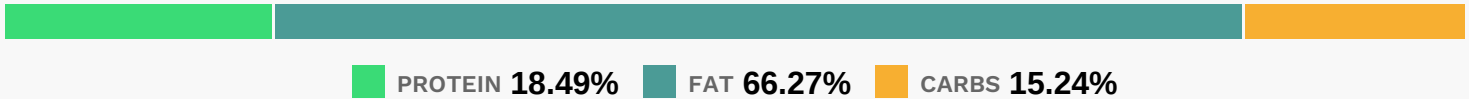
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Place the mushroom caps, smooth side up, in a shallow dish. In a small bowl, whisk together vinegar, oil, basil, oregano, garlic, salt, and pepper.
- ☐ Pour over the mushrooms.
- ☐ Let stand at room temperature for 15 minutes or so, turning twice.
- ☐ Preheat grill for medium-high heat.
- ☐ Brush grate with oil.
- ☐ Place mushrooms on the grill, reserving marinade for basting. Grill for 5 to 8 minutes on each side, or until tender.
- ☐ Brush with marinade frequently. Top with cheese during the last 2 minutes of grilling.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.71, Inflammation Score:-6, Nutrition Score:10.076521749082%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 198.78kcal (9.94%), Fat: 14.88g (22.89%), Saturated Fat: 5.88g (36.74%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 6.26g (2.28%), Sugar: 4.69g (5.21%), Cholesterol: 19.56mg (6.52%), Sodium: 411.91mg (17.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.34g (18.68%), Selenium: 20.05µg (28.64%), Phosphorus:

238.85mg (23.88%), Calcium: 238.54mg (23.85%), Vitamin B3: 3.87mg (19.34%), Copper: 0.27mg (13.31%), Vitamin B2: 0.21mg (12.24%), Vitamin K: 12.27µg (11.68%), Vitamin B5: 1.11mg (11.11%), Potassium: 383.74mg (10.96%), Zinc: 1.43mg (9.52%), Vitamin B6: 0.18mg (8.92%), Manganese: 0.17mg (8.25%), Vitamin E: 1.21mg (8.06%), Vitamin B12: 0.46µg (7.6%), Folate: 28.38µg (7.09%), Fiber: 1.44g (5.76%), Iron: 1.01mg (5.59%), Vitamin A: 260.02IU (5.2%), Vitamin B1: 0.06mg (4%), Magnesium: 13.48mg (3.37%), Vitamin D: 0.39µg (2.62%)