



Portobello Mushroom Burgers

 Vegetarian

READY IN



12 min.

SERVINGS



4

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices cheddar
- ☐ 4 green-leaf lettuce leaves
- ☐ 4 hamburger buns whole-wheat
- ☐ 4 portobello mushroom caps trimmed
- ☐ 4 servings salt and pepper
- ☐ 4 slices tomatoes

Equipment

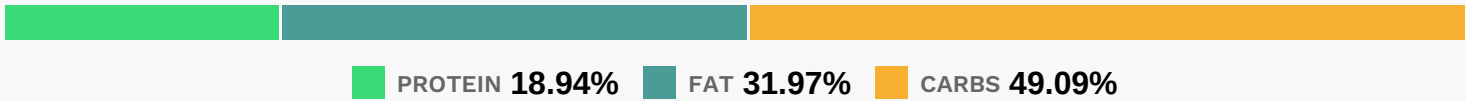
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high and set oven rack to second-highest position. Line a baking sheet with heavy-duty foil.
- ☐ Mist mushroom caps with cooking spray and sprinkle with salt and pepper.
- ☐ Place on baking sheet and broil until softened and browned, turning once, about 10 minutes total.
- ☐ Place a slice of cheese on rounded side of each cap and broil until cheese is bubbling.
- ☐ Place a lettuce leaf and a tomato slice on bottom half of each bun. Top with a mushroom cap and other half of bun.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:13.26, Inflammation Score:-9, Nutrition Score:15.409130479978%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 216.27kcal (10.81%), Fat: 7.81g (12.01%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 24.55g (8.93%), Sugar: 6.24g (6.93%), Cholesterol: 17mg (5.67%), Sodium: 533.02mg (23.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.82%), Selenium: 32.28µg (46.11%), Vitamin A: 2172.64IU (43.45%), Vitamin B3: 5.84mg (29.19%), Phosphorus: 225.45mg (22.55%), Vitamin B1: 0.32mg (21.46%), Folate: 80.68µg (20.17%), Vitamin B2: 0.34mg (20.06%), Manganese: 0.4mg (20.04%), Calcium: 196.09mg (19.61%), Copper: 0.31mg (15.44%), Potassium: 481.9mg (13.77%), Iron: 2.05mg (11.41%), Vitamin B5: 1.05mg (10.52%), Vitamin B6: 0.21mg (10.44%), Vitamin C: 8.58mg (10.4%), Zinc: 1.48mg (9.85%), Fiber: 2.43g (9.72%), Vitamin B12: 0.31µg (5.14%), Magnesium: 20.58mg (5.14%), Vitamin K: 4.61µg (4.39%), Vitamin E: 0.48mg (3.19%), Vitamin D: 0.35µg

(2.36%)