



Savory Portobello Mushroom Burgers

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



35 min.

SERVINGS



4

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon dijon mustard
- 2 cloves garlic minced
- 1 pinch salt and ground pepper black
- 2 tablespoons olive oil
- 4 large portabello mushrooms
- 4 kaiser rolls split

Equipment

- bowl
- whisk
- grill

Directions

- Preheat grill for medium-high heat and lightly oil the grate.
- Whisk olive oil, balsamic vinegar, Dijon mustard, garlic, Worcestershire sauce, salt, and pepper in a bowl.
- Brush the mixture over the tops and bottoms of the mushrooms; let stand for 10 minutes.
- Grill mushrooms on the preheated grill with the cover closed until mushrooms are browned and tender, about 10 minutes, turning once.
- Serve on kaiser rolls.

Nutrition Facts

PROTEIN 11.15% **FAT 32.35%** **CARBS 56.5%**

Properties

Glycemic Index:54.25, Glycemic Load:23.8, Inflammation Score:-1, Nutrition Score:8.9273913267838%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 265.23kcal (13.26%), Fat: 9.63g (14.82%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 37.84g (12.61%), Net Carbohydrates: 35.49g (12.9%), Sugar: 7.7g (8.55%), Cholesterol: 0mg (0%), Sodium: 343.57mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.93%), Iron: 11.09mg (61.64%), Selenium: 17.11µg (24.45%), Vitamin B3: 3.81mg (19.03%), Copper: 0.25mg (12.5%), Phosphorus: 98.62mg (9.86%), Vitamin B5: 0.98mg (9.78%), Fiber: 2.36g (9.42%), Potassium: 326.76mg (9.34%), Vitamin B6: 0.15mg (7.28%), Vitamin E: 1.04mg (6.93%), Vitamin B2: 0.11mg (6.67%), Folate: 23.83µg (5.96%), Manganese: 0.11mg (5.62%), Vitamin K: 4.34µg (4.13%), Vitamin B1: 0.06mg (3.98%), Zinc: 0.49mg (3.29%), Vitamin D: 0.25µg (1.68%), Calcium: 16.33mg (1.63%)