



Savory Portobello Mushroom Burgers



Dairy Free

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READY IN

ready

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35 min.

SERVINGS

servings

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4

CALORIES

calories

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266 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



0.5 teaspoon worcestershire sauce

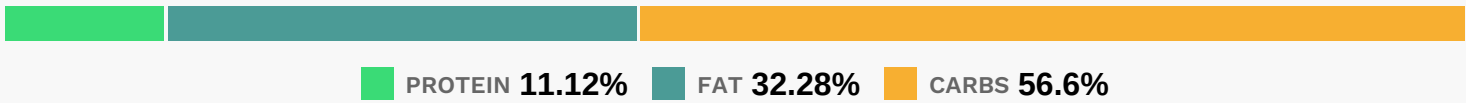
Equipment

- ☐ 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



Properties

Glycemic Index:54.25, Glycemic Load:23.8, Inflammation Score:-1, Nutrition Score:8.9660869632726%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 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: 265.8kcal (13.29%), Fat: 9.63g (14.82%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 37.99g (12.66%), Net Carbohydrates: 35.63g (12.96%), Sugar: 7.77g (8.63%), Cholesterol: 0mg (0%), Sodium: 353.32mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.93%), Iron: 11.13mg (61.86%), Selenium: 17.12µg (24.45%), Vitamin B3: 3.81mg (19.06%), Copper: 0.25mg (12.57%), Phosphorus: 99.07mg (9.91%), Vitamin B5: 0.98mg (9.78%), Potassium: 332.76mg (9.51%), Fiber: 2.36g (9.42%), Vitamin B6: 0.15mg (7.28%), Vitamin E: 1.04mg (6.93%), Vitamin B2: 0.11mg (6.73%), Folate: 23.89µg (5.97%), Manganese: 0.11mg (5.62%), Vitamin K: 4.34µg (4.14%), Vitamin B1: 0.06mg (4.01%), Zinc: 0.49mg (3.3%), Calcium: 17.13mg (1.71%), Vitamin D: 0.25µg (1.68%)