



Shroom Beef Burgers

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 beef
- ☐ 10 oz ciabatta rolls toasted
- ☐ 2 portabello mushrooms sliced
- ☐ 4 oz swiss cheese

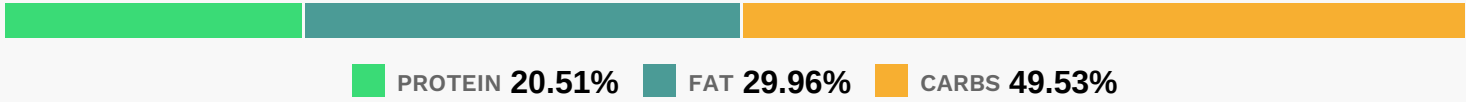
Equipment

- ☐ grill

Directions

- ☐ Form sirloin into 4 (4-inch) patties; season with salt and pepper.
- ☐ Heat grill to medium-high; cook, turning once, until burgers are 160 inside for medium (5–6 minutes per side).
- ☐ Serve with desired toppings and buns.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:6.8047826393791%

Nutrients (% of daily need)

Calories: 283.59kcal (14.18%), Fat: 9.48g (14.59%), Saturated Fat: 5.49g (34.3%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 33.95g (12.34%), Sugar: 1.05g (1.17%), Cholesterol: 26.54mg (8.85%), Sodium: 403.68mg (17.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.22%), Calcium: 253.62mg (25.36%), Selenium: 16.38µg (23.4%), Phosphorus: 208.48mg (20.85%), Vitamin B12: 0.88µg (14.71%), Zinc: 1.47mg (9.81%), Vitamin B3: 1.92mg (9.58%), Vitamin B2: 0.14mg (8.29%), Copper: 0.13mg (6.68%), Vitamin B5: 0.6mg (6.02%), Fiber: 1.33g (5.3%), Potassium: 173.68mg (4.96%), Vitamin A: 235.3IU (4.71%), Vitamin B6: 0.08mg (4.14%), Folate: 14.33µg (3.58%), Magnesium: 9.4mg (2.35%), Vitamin B1: 0.03mg (1.87%), Manganese: 0.03mg (1.52%), Vitamin E: 0.18mg (1.2%)