



## The Patty Melt

 Vegetarian

READY IN



39 min.

SERVINGS



12

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 recipe basic burger
- 20 oz button mushrooms thinly sliced
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon thyme leaves fresh chopped
- 12 servings spicy ketchup
- 2 teaspoons juice of lemon
- 12 servings asian mayo
- 12 servings pesto mayo

- 2 tablespoons olive oil
- 1 large onion thinly sliced
- 12 servings ranch olé
- 12 servings salt and pepper
- 8 ounces swiss cheese cut into 8 slices
- 12 servings the baconator
- 12 servings the baconator

## Equipment

- frying pan
- grill

## Directions

- Prepare burgers as recipe directs. Keep patties refrigerated until ready to cook.
- Warm oil in a large skillet over medium-high heat.
- Add onion and cook, stirring often, until softened, 3 to 5 minutes.
- Add mushrooms, season with salt and pepper and saut until mushrooms release their liquid and it evaporates, about 12 minutes. Stir in parsley, lemon juice and thyme. Season with additional salt and pepper, if desired.
- Grill or broil burgers as recipe directs. Top with cheese during last minute of cooking time.
- Transfer to buns, and spoon mushroom mixture over each.
- Serve immediately with assorted toppings, if desired.

## Nutrition Facts



**PROTEIN 9.49%** **FAT 77.19%** **CARBS 13.32%**

## Properties

Glycemic Index:27.08, Glycemic Load:1.78, Inflammation Score:-4, Nutrition Score:10.93130427599%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

## **Nutrients (% of daily need)**

Calories: 319.35kcal (15.97%), Fat: 27.86g (42.87%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 9.99g (3.63%), Sugar: 6.4g (7.11%), Cholesterol: 28.74mg (9.58%), Sodium: 706.9mg (30.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Vitamin K: 66.51µg (63.35%), Phosphorus: 218.28mg (21.83%), Calcium: 190.4mg (19.04%), Vitamin B2: 0.31mg (18.52%), Selenium: 12.46µg (17.8%), Vitamin B12: 0.66µg (10.96%), Vitamin E: 1.62mg (10.8%), Vitamin B5: 1.07mg (10.68%), Vitamin B3: 2.12mg (10.62%), Copper: 0.19mg (9.48%), Zinc: 1.22mg (8.11%), Potassium: 254.37mg (7.27%), Vitamin A: 310.87IU (6.22%), Vitamin B6: 0.11mg (5.71%), Folate: 19.64µg (4.91%), Vitamin B1: 0.07mg (4.89%), Vitamin C: 3.92mg (4.75%), Manganese: 0.09mg (4.51%), Magnesium: 16.62mg (4.15%), Iron: 0.64mg (3.56%), Fiber: 0.83g (3.32%)