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Portobello Mushroom Burger ♦♦

A delicious vegetarian burger made with grilled portobello mushrooms and topped with your favorite condiments and toppings.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	portobello mushrooms
4 pieces	burger buns
4 pieces	lettuce leaves
4 pieces	tomato slices

4 pieces	onion slices
4 pieces	cheese slices
4 tbsp	mayonnaise
4 tbsp	ketchup
4 tbsp	mustard
1 tsp	Salt
1 tsp	Pepper
2 tbsp	Olive oil

Directions

Step 1

Preheating

Preheat the grill to medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cleaning

Clean the portobello mushrooms and remove the stems.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Brushing

Brush the mushrooms with olive oil and season with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the mushrooms for 4-5 minutes on each side until tender.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Grilling

Toast the burger buns on the grill for 1-2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assembling

Assemble the burgers by placing a grilled mushroom on each bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Assembling

Top with lettuce, tomato slices, onion slices, cheese slices, mayonnaise, ketchup, and mustard.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the portobello mushroom burgers with your favorite side dish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	20 mg	0.59%	0.77%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Side Dishes

Salads

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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