



NO BREAD BURGER WITH PORTOBELLO BUN

Using Mushroom to substitute the burger bun, nice and delicious option to the bread

 25 minutes

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 4 portions

INGREDIENTS

- 800 grams of burger, beef based, 15% fat, raw
- 8 whole pieces of mushrooms, portabella, raw (672 g)
- 1 large slice (1/4" thick) of onions, raw (38 g)
- 8 outer leaves of lettuce, green leaf, raw (192 g)
- 2 whole medium units (2-3/5" dia) of tomatoes, red, ripe, raw, year round average (246 g)
- 80 grams of pickles, cucumber, dill, low sodium
- 120 grams of avocado, (1/4 avocado per person)
- 4 medium units of egg, whole, raw, fresh (176 g)

COOKING METHOD

- 1° Grill the mushroom heads and reserve
- 2° Proceed as for a regular burger, grilling the Beef patty to taste, Set up the meat in between 2 mushroom heads, Garnishing with onions, lettuce, slices of tomatoes and pickles. Top up with fried egg
- 3° Serve with salad, Mixed green or grilled veg.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (581 g)	% DRI
ENERGY	98 kcal	568 kcal	28 %
FAT	6 g	36 g	56 %
FATTY ACIDS, TOTAL SATURATED	2 g	11 g	55 %
CHOLESTEROL	28 mg	164 mg	55 %
SODIUM	126 mg	732 mg	30 %
CARBOHYDRATE	3 g	18 g	6 %
SUGARS	1 g	8 g	—
FIBER	1 g	8 g	33 %
PROTEIN	7 g	43 g	—