

# The Best Grilled Portobello Mushroom Burgers

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/grilled-portobello-mushroom-with-swiss-cheese-recipe>

## Ingredients:

- 4 portobello mushroom caps
- 2 tablespoons balsamic vinegar
- 1 tablespoon low sodium soy sauce
- 1 tablespoon olive oil
- 1 tablespoon rosemary chopped
- 1 1/2 teaspoons steak seasoning like Montreal Steak Grill Mates
- 4 slices red onion
- 4 ounces swiss cheese reduced fat, sliced thin (Alpine lace)
- 4 slices tomato
- 1/2 avocado sliced thin
- baby spinach
- 4 whole wheat
- 1 calorie buns

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 25 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 6 grams
8. Sodium: 200 milligrams
9. Sugar: 6 grams

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