

Mushroom, Onion & Swiss Burger

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-cheese-and-hamburger-buns-recipe>

Ingredients:

- 4 ounces white mushrooms sliced
- 1/2 onion medium, sliced thin
- 2 garlic cloves minced
- 1 pound lean ground beef 85/15 or 90/10
- 2 teaspoons worcestershire sauce
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 4 slices swiss cheese
- 4 hamburger buns
- mayonnaise optional

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 95 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 37 grams
7. SaturatedFat: 8 grams
8. Sodium: 1600 milligrams
9. Sugar: 5 grams

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