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Mushroom Swiss Cheese Burger

Yield: 4 min Total Time: 25 min

Recipe from: https://www.recipeschoose.com/recipes/mushroom-swiss-cheese-burger-recipe

Ingredients:

- 1 1/2 pounds ground beef lean or extra lean-your choice
- 3/4 teaspoon salt
- 1/2 teaspoon cracked pepper fresh
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon rosemary leaves rubbed
- 1 pinch red pepper flakes optional-but recommended
- 2 tablespoons olive oil
- 1 cup cremini mushrooms sliced
- 4 swiss cheese or more slices of
- 4 burger buns best soft
- condiments
- mayo
- mustard
- ketchup
- ranch
- arugula
- red onions
- sliced tomatoes

Nutrition:

- 1. Calories: 680 calories
- 2. Carbohydrate: 30 grams
- 3. Cholesterol: 135 milligrams
- 4. Fat: 42 grams
- 5. Fiber: 2 grams
- 6. Protein: 45 grams
- 7. SaturatedFat: 16 grams
- 8. Sodium: 950 milligrams

9. Sugar: 7 grams10. TransFat: 1.5 grams

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