

Portobello Mushroom Burger

Ingredients

Portobello mushroom, stem removed	1 medium (66 grams)*
Italian dressing	3 Tbsp

Directions

- Use a scale to weigh mushroom. Adjust the amino acid or protein content if it is more or less than 66 grams.
- Put the mushroom in a plastic bag with the dressing. Leave to marinate for at least 30 minutes (can leave overnight if desired).
- Heat skillet sprayed with oil. Pan fry mushroom at until softened, at least 5 minutes on each side.

Serving suggestions:

- Serve on low protein bread or bun with ketchup like a burger
- Slice and pile on 1 or 2 slices of low protein bread. Top with sliced or shredded low protein white cheese and broil until cheese begins to melt.

Nutrition Facts

Includes nutrients in marinated mushroom only. Must adjust for any additions such as bread, cheese, or ketchup

	Per Mushroom
Calories:	162
Protein:	2.7 grams
Phe:	73 mg (5 exch)
Leu:	119 mg (4 exch)
Met:	38 mg
Ile:	77 mg