

PORTOBELLO BURGER

Ingredients:

3 oz. 96% lean ground beef (97.5 calories, 0 net carbs)
1 large portobello mushroom (22 calories, 3 net carbs)
1 iceberg or Bibb lettuce leaf (1 calorie, 0.1 net carbs)
1 tbsp. onions, chopped (4 calories, 0.7 net carbs)
1 tsp. Sambal Oelek chili paste (0 calories, 0 net carbs)
1 tsp. minced garlic (4 calories, 0.8 net carbs)
1/2 tbsp. egg substitute (4.1 calories, 0 net carbs)
1 small squirt lime juice (0 calories, 0 net carbs)
Sprinkle Tamari soy sauce (0 calories, 0 net carbs)
Dash hamburger spice of choice
Dash salt
Dash pepper

TOTAL: 132.6 calories, 4.6 net carbs

Directions:

Remove stem from mushroom. Combine ground beef, chopped mushroom stem, onions, chili paste, garlic, egg substitute, and lime juice. Mix well to form a patty. Grill mushroom cap in electric grill for 7-8 minutes. Grill or pan-fry burger patty. Place mushroom on plate and top with burger patty and lettuce. Serve with vegetable of choice.