

Mushroom Burger

1 stone ground - big bun
.5 oz.'s Lettuce, shredded
.5 oz.'s mayonnaise
1 slice tomato

Serving size: Entire recipe
(11 oz.'s).

.5 slice cheese Swiss
4 oz.'s ground beef
2 oz.'s mushrooms,
sliced

Amount Per Serving	
Calories	725.51
Calories From Fat (53%)	382.55
	% Daily Value
Total Fat 41.6g	64%
Saturated Fat 16.41g	82%
Cholesterol 96.61mg	32%
Sodium 785.64mg	33%
Potassium 259.8mg	7%
Total Carbohydrates 58.46g	19%
Fiber 2.92g	12%
Sugar 8.83g	
Protein 27.74g	55%