



Avocado and Goats Cheese Stuffed Mushrooms



Vegetarian



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados
- ☐ 1 handful cashew pieces good roughly chopped
- ☐ 60 g goats cheese
- ☐ 4 large flat mushrooms
- ☐ 4 servings grinding of pepper black good
- ☐ 125 g pkt spinach

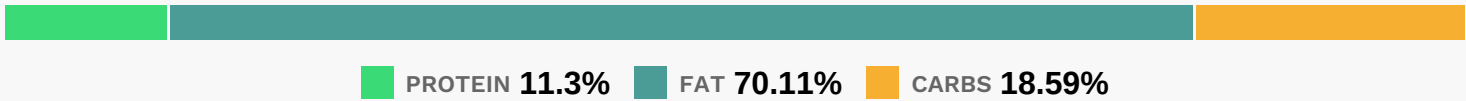
Equipment

- ☐ oven
- ☐ colander

Directions

- ☐ Preheat the oven to 230c / 210c fan / 450f / gas mark
- ☐ Peel the mushrooms, season with black pepper and set aside.
- ☐ Wilt the spinach. Rinse it in a colander, then pour a kettleful of boiling water over it to wilt it. Finish with cold water to cool it, then squeeze as much water out as possible, then chop and spread over the mushrooms.
- ☐ Sprinkle some nuts over each mushroom, then top with slices of avocado and some goats cheese. Season with pepper and bake for 15 minutes until the mushroom is cooked.
- ☐ Serve with a green salad or vegetables.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:40.3, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:22.470434989618%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 254.37kcal (12.72%), Fat: 21.43g (32.97%), Saturated Fat: 4.94g (30.9%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 4.86g (1.77%), Sugar: 1.83g (2.03%), Cholesterol: 6.9mg (2.3%), Sodium: 88.99mg (3.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.54%), Vitamin K: 175.03µg (166.7%), Vitamin A: 3232.54IU (64.65%), Folate: 149.63µg (37.41%), Fiber: 7.92g (31.7%), Manganese: 0.59mg (29.29%), Copper: 0.58mg (29.02%), Vitamin C: 19.35mg (23.46%), Potassium: 789.67mg (22.56%), Vitamin B6: 0.41mg (20.61%), Vitamin B2: 0.34mg (20.22%), Magnesium: 80.37mg (20.09%), Vitamin B5: 1.93mg (19.29%), Vitamin E: 2.81mg (18.75%),

Phosphorus: 170.39mg (17.04%), Vitamin B3: 2.95mg (14.75%), Iron: 2.31mg (12.84%), Vitamin B1: 0.15mg (10.18%),
Zinc: 1.5mg (10.01%), Selenium: 4.77µg (6.82%), Calcium: 67.91mg (6.79%)