



Cannellini-Stuffed Portobello Mushrooms

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

Ingredients

- 16 ounce .5 can cannellini beans rinsed drained canned
- 0.3 teaspoon rosemary dried crushed
- 0.3 teaspoon garlic powder
- 2 ounces preshredded part-skim mozzarella cheese
- 0.5 cup part-skim ricotta cheese
- 0.8 cup bottled pasta sauce
- 16 inch portobello caps
- 0.3 teaspoon salt

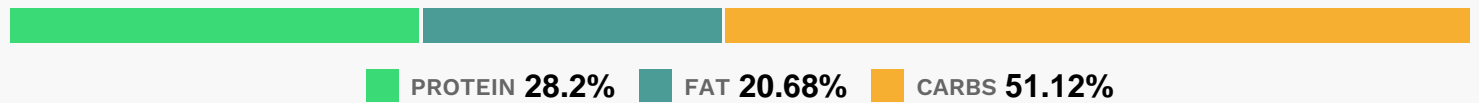
Equipment

- baking sheet
- broiler

Directions

- Preheat broiler.
- Remove gills from the undersides of mushrooms using a spoon; discard gills.
- Place caps, smooth side up, on baking sheet coated with cooking spray; broil 2 minutes. Turn caps over; broil 2 minutes.
- Combine ricotta, salt, garlic powder, and rosemary, stirring well.
- Spread 2 tablespoons cheese mixture in each cap. Spoon 3 tablespoons pasta sauce over cheese mixture in each serving. Divide beans evenly among caps; sprinkle each serving with 2 tablespoons mozzarella. Broil 3 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:6.56, Inflammation Score:-6, Nutrition Score:13.642608671085%

Nutrients (% of daily need)

Calories: 221.96kcal (11.1%), Fat: 5.21g (8.02%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 22.72g (8.26%), Sugar: 2.48g (2.75%), Cholesterol: 18.68mg (6.23%), Sodium: 496.28mg (21.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16g (32%), Manganese: 0.65mg (32.35%), Calcium: 285mg (28.5%), Fiber: 6.28g (25.14%), Phosphorus: 249.71mg (24.97%), Iron: 4.04mg (22.47%), Folate: 86.1µg (21.53%), Potassium: 741.23mg (21.18%), Magnesium: 72.8mg (18.2%), Copper: 0.36mg (18.01%), Selenium: 11.24µg (16.06%), Zinc: 2.24mg (14.92%), Vitamin B2: 0.19mg (10.92%), Vitamin E: 1.6mg (10.68%), Vitamin B1: 0.14mg (9.05%), Vitamin B6: 0.16mg (8.22%), Vitamin A: 386.33IU (7.73%), Vitamin B5: 0.56mg (5.55%), Vitamin B3: 1.08mg (5.4%), Vitamin K: 5.02µg (4.78%), Vitamin C: 3.22mg (3.91%), Vitamin B12: 0.21µg (3.52%)