



## Cheesy stuffed mushrooms on toast

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 50 g garlic with mediterranean herbs, or garlic butter
- ☐ 4 large mushrooms
- ☐ 225 g baby spinach
- ☐ 4 slices bread thick
- ☐ 4 oz cheddar cheese generous

## Equipment

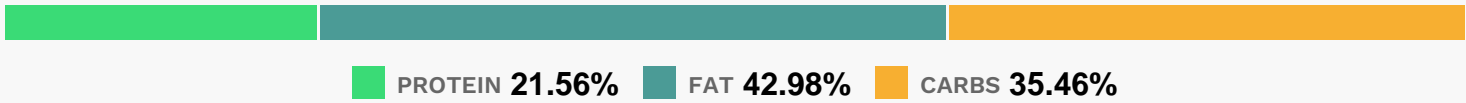
- ☐ frying pan
- ☐ grill

☐ toaster

## Directions

- ☐ Turn your grill on to high to give it a chance to heat. Put three quarters of the butter in your largest frying pan and heat until melted. Take each mushroom and pull away the stalk then put the mushrooms in the buttery pan, flat side down. Scatter round the stalks, tearing them as you go to break them up a little. Cook over a high heat for 5 minutes, turning the mushrooms over half way through, until they are golden and juicy.
- ☐ Meanwhile toast the bread in a toaster or under the grill and when ready, spread with the remaining butter.
- ☐ Take the mushrooms from the pan (leave the stalks behind) and put them cup side up in a shallow heatproof dish. Now tip the spinach into the pan with the stalks and stir it around in the buttery juices for about a minute, just until it wilts. Pile the mixture onto the mushrooms, cover the spinach with a slice of cheddar and flash under the grill until the cheese just melts.
- ☐ Serve each mushroom on a slice of the buttered toast and spoon over the juices.

## Nutrition Facts



## Properties

Glycemic Index:44.92, Glycemic Load:8.92, Inflammation Score:-10, Nutrition Score:24.973478296529%

## Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

## Nutrients (% of daily need)

Calories: 229.01kcal (11.45%), Fat: 11.27g (17.33%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 18.07g (6.57%), Sugar: 2.51g (2.79%), Cholesterol: 28.35mg (9.45%), Sodium: 365.56mg (15.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.43%), Vitamin K: 273.95µg (260.91%), Vitamin A: 5560.31IU (111.21%), Manganese: 1.06mg (53.05%), Folate: 143.16µg (35.79%), Calcium: 314.43mg (31.44%), Selenium: 20.56µg (29.38%), Vitamin C: 20.25mg (24.54%), Vitamin B2: 0.41mg (24.01%), Phosphorus: 232.43mg (23.24%), Magnesium: 68.77mg (17.19%), Vitamin B6: 0.34mg (16.96%), Iron: 2.91mg (16.14%), Vitamin B3: 2.9mg (14.52%), Potassium: 498.45mg (14.24%), Vitamin B1: 0.21mg (14.05%), Zinc: 1.89mg (12.63%), Copper: 0.23mg (11.72%), Fiber: 2.85g (11.4%), Vitamin E: 1.42mg (9.47%), Vitamin B5: 0.8mg (8.02%), Vitamin B12: 0.31µg (5.16%), Vitamin D: 0.22µg

(1.44%)