



Creamy Spinach-Stuffed Portobellos

READY IN



37 min.

SERVINGS



4

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 6 ounce baby spinach leaves fresh
- ☐ 1 tablespoon bread crumbs toasted
- ☐ 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned Regular or
- ☐ 1 medium onion chopped
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 4 large portabello mushrooms
- ☐ 1 medium tomatoes chopped
- ☐ 1 tablespoon vegetable oil

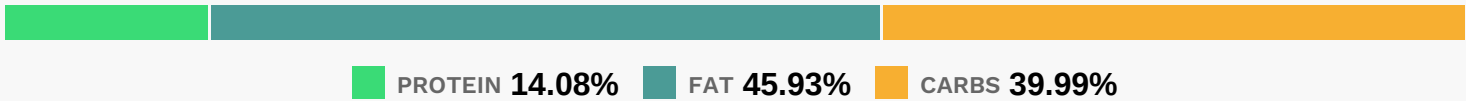
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Heat the oil in a 10-inch nonstick skillet over medium heat.
- ☐ Add the onion and cook until tender-crisp, stirring occasionally.
- ☐ Add the tomatoes and spinach and cook just until the spinach is wilted. Stir in the soup and cook until the mixture is hot and bubbling.
- ☐ Stir the bread crumbs and cheese in a small bowl.
- ☐ Place the mushroom caps onto a baking sheet. Spoon the spinach mixture into the mushroom caps.
- ☐ Roast at 425 degrees F for 15 minutes or until the mushroom caps are tender.
- ☐ Remove the baking sheet from the oven.
- ☐ Sprinkle with the bread crumb mixture.
- ☐ Heat the broiler. Broil the mushroom caps 4 inches from the heat until the bread crumb mixture is golden brown.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:22.418695475744%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,

Isorhamnetin: 1.38mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg
Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 7.45mg, Quercetin: 7.45mg,
Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 150.11kcal (7.51%), Fat: 8.18g (12.58%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 16.02g (5.34%), Net
Carbohydrates: 12.59g (4.58%), Sugar: 5.44g (6.04%), Cholesterol: 10.56mg (3.52%), Sodium: 498.98mg (21.69%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.28%), Vitamin K: 227.5µg (216.66%), Vitamin A:
4480.68IU (89.61%), Manganese: 0.69mg (34.37%), Folate: 120.2µg (30.05%), Selenium: 19.06µg (27.23%), Vitamin
B3: 4.67mg (23.34%), Vitamin C: 18.35mg (22.24%), Potassium: 740.24mg (21.15%), Copper: 0.42mg (20.89%),
Vitamin B5: 1.77mg (17.69%), Phosphorus: 169.74mg (16.97%), Vitamin E: 2.4mg (16.02%), Vitamin B2: 0.25mg
(14.78%), Vitamin B6: 0.28mg (13.88%), Fiber: 3.43g (13.73%), Iron: 2.07mg (11.48%), Magnesium: 45.49mg (11.37%),
Calcium: 105.07mg (10.51%), Vitamin B1: 0.15mg (9.94%), Zinc: 1.01mg (6.7%), Vitamin B12: 0.12µg (1.92%), Vitamin D:
0.26µg (1.76%)