



Deluxe Carrot, Courgette & Peanut Butter Stuffed Mushrooms

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large carrot. grated peeled
- ☐ 1 cup mature cheddar grated
- ☐ 4 tbsp crunchy peanut butter
- ☐ 4 portabello mushrooms or any large flat cap mushrooms)
- ☐ 4 servings grinding of salt & pepper good
- ☐ 2 tbsp soya sauce (sometimes I use Worcestershire Sauce)

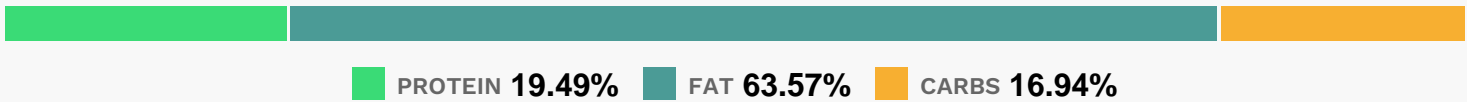
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 220c/200c fan/425f /gas mark 7.
- ☐ Peel the skin of the mushrooms and make sure they are clean. Use a piece of kitchen roll if you need to dust them off.
- ☐ Grate the carrot and courgette in a bowl and mix well.
- ☐ Add the peanut butter and soy sauce to the grated carrot and courgette and mix well together. If the mixture is too stiff, you can add a little more soy sauce, but the mixture should be quite thick. Season with salt and pepper.
- ☐ Pile the mixture into the four mushrooms and top with the grated cheese. Pop in the oven on a pre-heated baking tray for 20-25 minutes until the cheese has melted and started to brown.
- ☐ Serve with a selection of vegetables or with a baked potato and salad. If you would like to serve as a starter, just serve with a little salad.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:0.76, Inflammation Score:-9, Nutrition Score:15.623913153358%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 241.9kcal (12.1%), Fat: 17.93g (27.59%), Saturated Fat: 6.7g (41.86%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 7.87g (2.86%), Sugar: 5.24g (5.82%), Cholesterol: 28.25mg (9.42%), Sodium: 586.78mg (25.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.37g (24.74%), Vitamin A: 3296.86IU (65.94%), Selenium: 24.99µg (35.7%), Vitamin B3: 6.22mg (31.09%), Phosphorus: 282.55mg (28.25%), Calcium: 224.6mg (22.46%),

Manganese: 0.38mg (18.75%), Copper: 0.37mg (18.36%), Potassium: 572.35mg (16.35%), Vitamin B2: 0.27mg (16.06%), Zinc: 1.99mg (13.25%), Vitamin B5: 1.3mg (13.02%), Folate: 48.27µg (12.07%), Vitamin B6: 0.24mg (11.78%), Fiber: 2.88g (11.5%), Magnesium: 36.5mg (9.12%), Vitamin E: 1.36mg (9.08%), Iron: 1.12mg (6.2%), Vitamin B1: 0.09mg (6.17%), Vitamin B12: 0.34µg (5.69%), Vitamin K: 3.22µg (3.07%), Vitamin D: 0.42µg (2.81%), Vitamin C: 2.17mg (2.63%)