



Gabe's Favorite Portobello Mushrooms

 Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

Ingredients

- 2 Tbsp heinz balsamic vinegar
- 2 Tbsp olive oil
- 0.3 cup parmesan cheese grated kraft
- 4 medium portobello mushroom caps cleaned
- 12 small sun-dried tomatoes

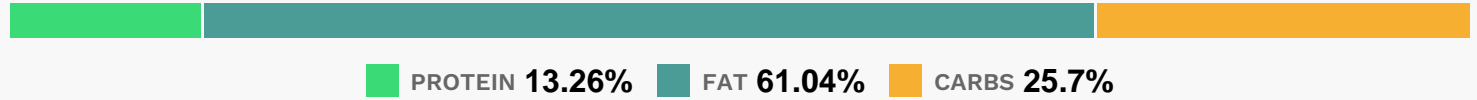
Equipment

- microwave

Directions

- Place mushroom caps, top sides down, in microwaveable 9-inch square dish; top each with 3 tomatoes.
- Drizzle with oil and vinegar; sprinkle with cheese.
- Microwave on HIGH 4 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.46, Inflammation Score:-2, Nutrition Score:8.4904347761818%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 129.19kcal (6.46%), Fat: 9.22g (14.19%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 6.91g (2.51%), Sugar: 5.56g (6.17%), Cholesterol: 5.44mg (1.81%), Sodium: 125.33mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Selenium: 18.14µg (25.92%), Vitamin B3: 4.32mg (21.61%), Copper: 0.33mg (16.5%), Phosphorus: 153.23mg (15.32%), Potassium: 532.09mg (15.2%), Vitamin B5: 1.1mg (11.03%), Vitamin B2: 0.16mg (9.42%), Manganese: 0.18mg (9.23%), Vitamin B6: 0.15mg (7.47%), Fiber: 1.83g (7.32%), Vitamin E: 1.06mg (7.05%), Folate: 27.98µg (6.99%), Calcium: 66.6mg (6.66%), Vitamin K: 6.9µg (6.57%), Zinc: 0.84mg (5.61%), Vitamin B1: 0.08mg (5.53%), Iron: 0.93mg (5.17%), Magnesium: 14.79mg (3.7%), Vitamin C: 2.35mg (2.85%), Vitamin A: 106.5IU (2.13%), Vitamin B12: 0.13µg (2.11%), Vitamin D: 0.28µg (1.89%)