



Ginger Rice Stuffed Mushrooms

 **Gluten Free**  **Dairy Free**

READY IN



37 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce button mushrooms chopped
- 0.3 cup canola oil divided
- 1.5 cups rice white cooked
- 1 tablespoon cilantro leaves fresh chopped for garnish
- 1 teaspoon garlic chopped
- 2 teaspoons ginger chopped
- 0.5 pound ground pork
- 3 tablespoons soya sauce low-sodium

- 1 scallion finely chopped
- 1 tablespoon teriyaki seasoning divided

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wok

Directions

- Preheat the oven to 375 degrees F.
- In a small bowl, combine 1/2 tablespoon teriyaki seasoning and 2 tablespoons canola oil.
- Place the mushroom caps onto a baking sheet and brush them with the oil mixture.
- Bake until they soften, about 15 minutes.
- While the mushrooms are baking, heat the remaining 2 tablespoons canola oil in a large skillet or wok over medium-high heat.
- Add the chopped mushroom stems, scallion, ginger, and garlic and cook for 2 minutes.
- Add the ground pork and cook until cooked through, about 5 minutes. Stir in the soy sauce and the remaining teriyaki seasoning.
- Add the rice and cook until heated through.
- Stuff the mushroom caps with the rice mixture.
- Transfer to a platter, garnish with cilantro, and serve immediately.

Nutrition Facts

 PROTEIN 15.82%  FAT 60.32%  CARBS 23.86%

Properties

Glycemic Index:63.75, Glycemic Load:18.84, Inflammation Score:-4, Nutrition Score:18.415217446244%

Flavonoids

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: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 391.27kcal (19.56%), Fat: 26.73g (41.12%), Saturated Fat: 5.65g (35.33%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 20.79g (7.56%), Sugar: 2.3g (2.56%), Cholesterol: 40.82mg (13.61%), Sodium: 471.01mg (20.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.77g (31.54%), Selenium: 27.98µg (39.97%), Vitamin K: 39.5µg (37.62%), Vitamin B2: 0.59mg (34.82%), Vitamin B1: 0.52mg (34.8%), Vitamin B3: 6.62mg (33.08%), Manganese: 0.59mg (29.37%), Phosphorus: 238.07mg (23.81%), Vitamin B6: 0.45mg (22.31%), Vitamin B5: 2.18mg (21.77%), Vitamin E: 3.23mg (21.53%), Copper: 0.42mg (20.92%), Potassium: 603.77mg (17.25%), Zinc: 2.27mg (15.15%), Iron: 2.7mg (15%), Fiber: 3g (12%), Magnesium: 46.32mg (11.58%), Folate: 37.64µg (9.41%), Calcium: 83.22mg (8.32%), Vitamin B12: 0.44µg (7.28%), Vitamin C: 3.44mg (4.17%), Vitamin A: 103.58IU (2.07%), Vitamin D: 0.2µg (1.32%)