



## Gorgonzola-Stuffed Bread

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



75 kcal

SIDE DISH

### Ingredients

- 2 cloves garlic minced
- 1 cup athenos gorgonzola cheese crumbled
- 1 cup green onions sliced
- 1 lb bread split french italian
- 6 cups mushrooms mixed such as portobello, crimini and button assorted sliced
- 1 Tbsp olive oil

### Equipment

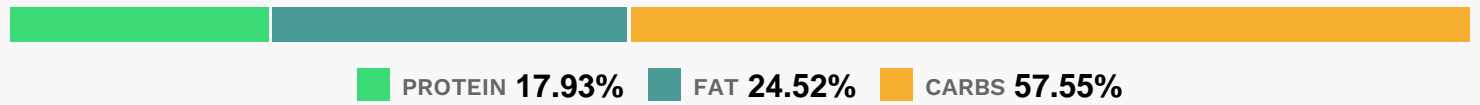
- frying pan

- oven
- aluminum foil

## Directions

- Preheat oven to 400F. Scoop out center of each bread half, leaving 1-inch-thick shells.
- Cook and stir mushrooms, onions and garlic in hot oil in skillet until tender. Spoon into bottom of bread loaf.
- Sprinkle with cheese; cover with top of bread. Wrap in foil.
- Bake 15 to 20 min. or until cheese is melted.
- Cut crosswise into 12 slices to serve.

## Nutrition Facts



## Properties

Glycemic Index:6.72, Glycemic Load:6.76, Inflammation Score:-2, Nutrition Score:5.5256521209427%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 75.28kcal (3.76%), Fat: 2.14g (3.3%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 9.76g (3.55%), Sugar: 1.87g (2.08%), Cholesterol: 2.83mg (0.94%), Sodium: 138.98mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.05%), Vitamin B3: 2.54mg (12.69%), Selenium: 7.5µg (10.71%), Vitamin B2: 0.18mg (10.58%), Manganese: 0.19mg (9.61%), Phosphorus: 82.62mg (8.26%), Vitamin B5: 0.8mg (7.97%), Vitamin B6: 0.16mg (7.97%), Vitamin B1: 0.12mg (7.83%), Vitamin K: 7.38µg (7.03%), Folate: 27.97µg (6.99%), Fiber: 1.55g (6.21%), Potassium: 174.75mg (4.99%), Zinc: 0.74mg (4.92%), Iron: 0.84mg (4.69%), Copper: 0.09mg (4.6%), Magnesium: 15.46mg (3.87%), Calcium: 31.42mg (3.14%), Vitamin D: 0.2µg (1.33%), Vitamin A: 61.99IU (1.24%)