



Grain and Vegetable-Stuffed Portobello Mushrooms

 Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 garlic clove minced
- ☐ 8.5 ounce highest available proof grain spirit whole cooked (such as Uncle Ben's Vegetable Harvest Ready Rice)
- ☐ 4 ounces pizza cheese shredded italian divided
- ☐ 20 inch portabello mushrooms
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes refrigerated

☐ 2 teaspoons worcestershire sauce

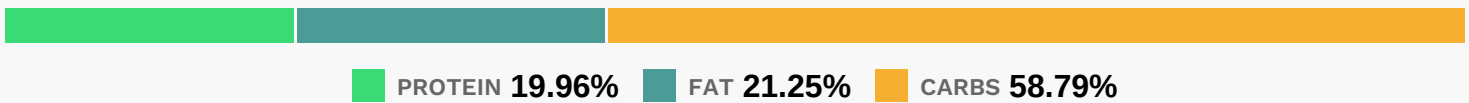
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Remove brown gills from the undersides of mushrooms using a spoon; discard gills.
- ☐ Place mushrooms, gill sides down, on a foil-lined baking sheet coated with cooking spray. Broil 4 minutes.
- ☐ While mushrooms broil, heat a nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add garlic and tomato mixture to pan. Saut 2 minutes; remove from heat. Stir in rice, 3/4 cup cheese, and Worcestershire sauce.
- ☐ Turn mushrooms over; sprinkle evenly with salt and pepper. Divide rice mixture evenly among mushrooms; sprinkle evenly with 1/4 cup cheese. Broil 3 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:23.64, Inflammation Score:-6, Nutrition Score:13.061304335361%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 319.31kcal (15.97%), Fat: 7.86g (12.1%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 48.96g (16.32%), Net Carbohydrates: 44.56g (16.21%), Sugar: 3.11g (3.46%), Cholesterol: 5.67mg (1.89%), Sodium: 245.58mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.62g (33.24%), Manganese: 0.88mg (44.04%), Phosphorus: 286.65mg (28.67%), Magnesium: 111.52mg (27.88%), Zinc: 3.74mg (24.92%), Vitamin B3: 4.88mg (24.38%), Copper: 0.38mg (19.2%), Fiber: 4.39g (17.58%), Folate: 66.66µg (16.66%), Vitamin B6: 0.29mg (14.69%), Potassium: 420.45mg (12.01%), Vitamin B2: 0.19mg (10.96%), Iron: 1.51mg (8.37%), Vitamin B5: 0.83mg (8.31%), Calcium: 78.67mg (7.87%), Vitamin C: 5.73mg (6.94%), Vitamin A: 324.86IU (6.5%), Vitamin B1: 0.09mg (6.29%), Selenium: 4.18µg (5.97%), Vitamin E: 0.7mg (4.68%), Vitamin K: 4.33µg (4.13%)