



Grilled and Stuffed Portobello Mushrooms with Gorgonzola

READY IN



42 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground for seasoning
- 0.8 cup breadcrumbs plain
- 2 tablespoons thyme leaves fresh
- 2 cloves garlic minced
- 4 ounces gorgonzola crumbled
- 0.5 teaspoon kosher salt for seasoning
- 0.5 cup mascarpone cheese at room temperature
- 2 tablespoons olive oil

- 2 tablespoons oregano fresh
- 6 large portabello mushrooms
- 12 ounces turkey sausage

Equipment

- frying pan
- baking sheet
- grill
- broiler
- grill pan

Directions

- Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- In a large skillet, heat 2 tablespoons of oil over medium-high heat.
- Add the turkey sausage and cook, stirring frequently, until cooked through, about 5 minutes.
- Add the garlic and cook for 1 minute.
- Remove the pan from the heat. Stir in the mascarpone cheese.
- Add the thyme, oregano, bread crumbs, 1/2 of the Gorgonzola, 1/2 teaspoon salt and 1/2 teaspoon pepper. Stir until all ingredients are combined.
- Brush the mushrooms on both sides with the remaining oil and season with salt and pepper. Grill the mushrooms, stem side down, for 3 minutes. Turn the mushrooms over and grill for 2 minutes until tender. Fill each mushroom with the sausage mixture and top with the remaining Gorgonzola. Return the mushrooms to the grill and cook until the stuffing is warmed through and the cheese starts to melt, about 5 to 7 minutes.
- Cook's Note: The assembled mushrooms can also be placed on a baking sheet and cooked under a preheated broiler until warmed through.

Nutrition Facts

 PROTEIN 21.99% **FAT 60.14%** **CARBS 17.87%**

Properties

Glycemic Index:23.17, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:16.472174043241%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 360.71kcal (18.04%), Fat: 24.24g (37.29%), Saturated Fat: 10.79g (67.46%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 13.41g (4.88%), Sugar: 3.11g (3.46%), Cholesterol: 75.45mg (25.15%), Sodium: 864.98mg (37.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.89%), Vitamin B3: 7.6mg (38%), Selenium: 21.99µg (31.42%), Phosphorus: 293.23mg (29.32%), Vitamin B2: 0.39mg (22.92%), Vitamin B6: 0.45mg (22.74%), Calcium: 202.82mg (20.28%), Zinc: 2.98mg (19.87%), Vitamin B5: 1.97mg (19.7%), Copper: 0.36mg (17.99%), Manganese: 0.36mg (17.87%), Vitamin B12: 1.06µg (17.62%), Potassium: 570.68mg (16.31%), Vitamin B1: 0.24mg (15.7%), Iron: 2.72mg (15.09%), Vitamin K: 14.81µg (14.1%), Folate: 52.66µg (13.17%), Vitamin A: 589.44IU (11.79%), Fiber: 2.8g (11.19%), Vitamin E: 1.13mg (7.52%), Magnesium: 29.7mg (7.42%), Vitamin C: 5.39mg (6.53%), Vitamin D: 0.35µg (2.31%)