



Grilled Portobello

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons basil pesto store-bought
- ☐ 4 servings pepper black freshly ground
- ☐ 4 pieces canadian bacon
- ☐ 8 eggs
- ☐ 8 basil leaves fresh cut into ribbons
- ☐ 1 tablespoon olive oil
- ☐ 4 teaspoons parmesan freshly grated
- ☐ 4 portobello mushroom caps

- ☐ 0.3 teaspoon salt plus more to taste
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill or grill pan and spray with cooking spray.
- ☐ With a spoon, gently scrape out the dark inside of the mushrooms caps, being careful not to break the cap.
- ☐ Brush both sides of the mushroom caps with oil and sprinkle with salt. Grill the mushrooms over a medium-high heat for about 7 minutes per side, until they are tender and their juices begin to release.
- ☐ Transfer to a plate, top side down.
- ☐ On the same grill or grill pan, cook the Canadian bacon over medium-high heat for 30 seconds on each side, until they are warm and grill marks have formed.
- ☐ Place 1 piece of the bacon into each of the mushroom caps.
- ☐ Separate the whites of 4 of the eggs into a medium sized bowl, and discard the yolks.
- ☐ Add the remaining 4 whole eggs to the bowl with the whites, add the water and whisk until combined. Cook the eggs in a medium-sized nonstick skillet over a medium-low heat, stirring frequently, until the eggs are done, about 3 minutes. Season with salt and pepper to taste. Spoon 1/4 of the scrambled eggs on top of the Canadian bacon in each the mushroom caps.
- ☐ Drizzle 1 teaspoon of pesto over each and top with some basil ribbons and 1 teaspoon of Parmesan.

Nutrition Facts



 **PROTEIN 27.18%**  **FAT 64.05%**  **CARBS 8.77%**

Properties

Glycemic Index:32.25, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:14.105217329186%

Nutrients (% of daily need)

Calories: 200.54kcal (10.03%), Fat: 14.35g (22.08%), Saturated Fat: 3.8g (23.72%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 3.21g (1.17%), Sugar: 2.6g (2.89%), Cholesterol: 328.94mg (109.65%), Sodium: 350.17mg (15.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.4%), Selenium: 43.12µg (61.6%), Vitamin B2: 0.52mg (30.42%), Phosphorus: 274.94mg (27.49%), Vitamin B5: 2.32mg (23.19%), Vitamin B3: 3.91mg (19.57%), Folate: 65.55µg (16.39%), Copper: 0.31mg (15.5%), Vitamin B12: 0.84µg (14.06%), Vitamin B6: 0.28mg (14.01%), Vitamin D: 2.05µg (13.63%), Vitamin A: 626.56IU (12.53%), Potassium: 435.31mg (12.44%), Zinc: 1.63mg (10.87%), Iron: 1.9mg (10.56%), Vitamin E: 1.46mg (9.71%), Calcium: 73.98mg (7.4%), Vitamin B1: 0.09mg (6.2%), Vitamin K: 5.87µg (5.59%), Manganese: 0.11mg (5.27%), Fiber: 1.21g (4.84%), Magnesium: 11.93mg (2.98%)