



Grilled Portobello and Mozzarella



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon basil dried
- ☐ 8 ounce salad dressing italian
- ☐ 14 ounce tomatoes
- ☐ 8 slices mozzarella cheese
- ☐ 0.5 teaspoon oregano dried
- ☐ 4 portobello mushroom caps
- ☐ 7 ounce roasted bell peppers red drained sliced

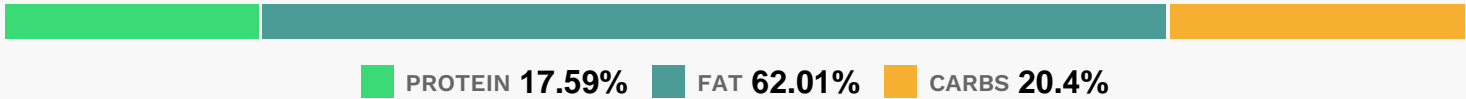
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Place the mushrooms in a large resealable plastic bag with the salad dressing. Seal, and marinate for at least 15 minutes.
- ☐ Preheat grill for medium-high heat.
- ☐ Heat the marinara sauce in a saucepan over medium heat, and keep warm.
- ☐ Oil the grill grate.
- ☐ Place the mushrooms on the grill, and cook for 7 to 10 minutes on each side, until lightly toasted.
- ☐ Preheat the oven broiler.
- ☐ Spread the bottom of a shallow baking dish or oven-proof plate with just enough marinara sauce to cover the bottom.
- ☐ Place mushrooms in the dish bottom side up, and top with the peppers and remaining marinara sauce.
- ☐ Place 2 slices of cheese on each mushroom, and sprinkle with oregano and basil.
- ☐ Broil for 3 to 5 minutes, or until the cheese is melted.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:2.04, Inflammation Score:-8, Nutrition Score:19.777826226276%

Nutrients (% of daily need)

Calories: 358.26kcal (17.91%), Fat: 25.38g (39.05%), Saturated Fat: 9.25g (57.78%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 15.46g (5.62%), Sugar: 12.35g (13.72%), Cholesterol: 44.77mg (14.92%), Sodium: 2075.54mg (90.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.21g (32.41%), Selenium: 27.15µg (38.79%), Vitamin K: 39.53µg (37.65%), Vitamin C: 30.25mg (36.66%), Phosphorus: 337.25mg (33.72%), Calcium: 337.08mg (33.71%), Vitamin B3: 5.18mg (25.91%), Vitamin B12: 1.33µg (22.23%), Potassium: 770.02mg (22%), Copper: 0.44mg (22%), Vitamin A: 1096.28IU (21.93%), Vitamin B2: 0.35mg (20.69%), Vitamin E: 2.85mg (19.03%), Vitamin B6: 0.37mg (18.57%), Zinc: 2.46mg (16.42%), Manganese: 0.3mg (15.14%), Vitamin B5: 1.37mg (13.66%), Fiber: 3.33g (13.32%), Iron: 2.21mg (12.28%), Folate: 45.33µg (11.33%), Magnesium: 36.07mg (9.02%), Vitamin B1: 0.11mg (7.64%), Vitamin D: 0.48µg (3.19%)