



## Grilled Portobello Pizzas

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup basil fresh divided chopped
- ☐ 1 garlic clove minced
- ☐ 4 ounces cheese blend shredded italian
- ☐ 8 ounce dressing italian
- ☐ 8 large portobello mushroom caps
- ☐ 1 cup tomato-basil pasta sauce
- ☐ 1 tablespoon worcestershire sauce

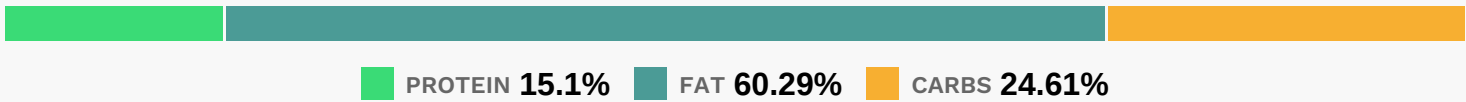
## Equipment

- ☐ grill
- ☐ ziploc bags

## Directions

- ☐ Stir together first 3 ingredients and 1/4 cup basil. Set aside.
- ☐ Combine mushroom caps and Italian dressing in a heavy-duty zip-top plastic bag, turning to coat.
- ☐ Let stand 2 to 3 minutes.
- ☐ Remove mushrooms from marinade, discarding marinade.
- ☐ Coat food rack with vegetable cooking spray; place on grill over medium-high heat (350 to 400).
- ☐ Place mushroom caps, stem side up, on rack, and grill, covered with grill lid, 3 to 4 minutes on each side. Turn caps, stem side up, and spoon sauce mixture evenly into each.
- ☐ Grill, covered, 2 more minutes or until thoroughly heated.
- ☐ Sprinkle evenly with shredded cheese and remaining 1/4 cup chopped basil; serve immediately.
- ☐ Note: For testing purposes only, we used Classico Tomato-Basil Pasta Sauce.
- ☐ Serve Grilled Portobello Pizzas on warm, toasted hamburger buns with desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:7.2378260415533%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 145.81kcal (7.29%), Fat: 10.21g (15.7%), Saturated Fat: 1.51g (9.47%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 7.75g (2.82%), Sugar: 6.51g (7.23%), Cholesterol: 2.84mg (0.94%), Sodium: 402.5mg (17.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.51%), Selenium: 16.26µg (23.23%), Vitamin K: 22.13µg

(21.07%), Vitamin B3: 3.84mg (19.22%), Copper: 0.26mg (12.84%), Potassium: 402.5mg (11.5%), Phosphorus: 97.66mg (9.77%), Vitamin B5: 0.96mg (9.63%), Vitamin B6: 0.15mg (7.47%), Vitamin B2: 0.11mg (6.68%), Fiber: 1.62g (6.5%), Folate: 24.72µg (6.18%), Calcium: 45.16mg (4.52%), Manganese: 0.09mg (4.51%), Vitamin E: 0.65mg (4.34%), Vitamin B1: 0.06mg (3.87%), Vitamin A: 184.79IU (3.7%), Iron: 0.59mg (3.28%), Zinc: 0.49mg (3.24%), Vitamin C: 1.53mg (1.85%), Vitamin D: 0.25µg (1.68%)