



Grilled Portobellos with Mozzarella Salad

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

Ingredients

- 2 cups grape tomatoes halved
- 3 ounces mozzarella fresh cubed
- 3 basil fresh thinly sliced
- 2 teaspoons olive oil
- 2 garlic clove minced
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 4 large portabello mushrooms (4 to 4-)

1 serving pam original flavor shopping list

Equipment

bowl

paper towels

grill

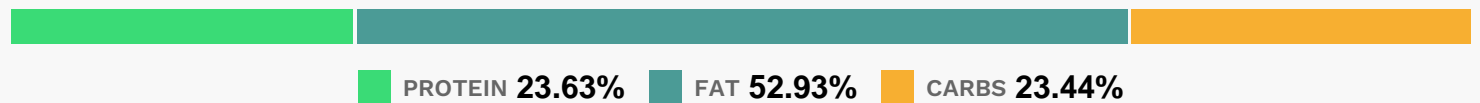
tongs

Directions

In a small bowl, combine the first seven ingredients; cover and chill until serving.

Spritz mushrooms with cooking spray. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill mushrooms, covered, over medium heat or broil 4 in. from the heat for 6–8 minutes on each side or until tender. Spoon 1/2 cup tomato mixture into each mushroom cap.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:10.526086921277%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 116.17kcal (5.81%), Fat: 7.23g (11.12%), Saturated Fat: 3.15g (19.69%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 5.15g (1.87%), Sugar: 4.3g (4.77%), Cholesterol: 16.8mg (5.6%), Sodium: 290.29mg (12.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.52%), Selenium: 19.46µg (27.8%), Vitamin B3: 4.25mg (21.27%), Phosphorus: 186.53mg (18.65%), Vitamin A: 780.96IU (15.62%), Copper: 0.29mg (14.7%), Potassium: 507.1mg (14.49%), Vitamin C: 10.73mg (13%), Calcium: 121.25mg (12.13%), Vitamin B2: 0.19mg (10.92%), Vitamin B5: 1.07mg (10.65%), Vitamin B6: 0.21mg (10.56%), Manganese: 0.19mg (9.71%), Folate: 36.45µg (9.11%), Vitamin B12: 0.53µg (8.78%), Vitamin K: 9.05µg (8.62%), Fiber: 2.05g (8.22%), Zinc: 1.21mg (8.1%), Vitamin B1: 0.09mg (5.78%), Vitamin E: 0.75mg (5.02%), Iron: 0.61mg (3.41%), Magnesium: 13.23mg (3.31%), Vitamin D: 0.34µg (2.25%)