



Grilled Stuffed Portobello Mushrooms

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



75 kcal

SIDE DISH

Ingredients

- 2 Tbsp classic balsamic vinaigrette dressing made with extra virgin olive oil kraft
- 0.1 tsp pepper black
- 0.5 cup athenos feta cheese crumbled traditional
- 2 Tbsp basil fresh chopped
- 1 clove garlic minced
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1.3 lb portabello mushrooms
- 0.5 cup roasted peppers red chopped

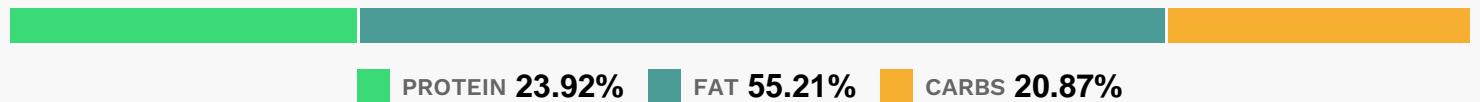
Equipment

grill

Directions

- Heat greased grill to medium heat.
- Combine first 4 ingredients.
- Use spoon to remove stems and brown gills from undersides of mushroom caps; discard.
- Mix dressing and garlic; brush onto both sides of mushroom caps.
- Grill, top-sides up, 5 min.; turn. Top with vegetable mixture; grill 5 min. or until mushrooms are tender and cheese is melted.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:7.1730434376261%

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: 74.54kcal (3.73%), Fat: 4.79g (7.37%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.01g (1.09%), Sugar: 1.98g (2.2%), Cholesterol: 12.82mg (4.27%), Sodium: 310.25mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Selenium: 15.68µg (22.4%), Vitamin B3: 3.35mg (16.75%), Phosphorus: 143.8mg (14.38%), Vitamin B2: 0.2mg (11.57%), Copper: 0.23mg (11.32%), Calcium: 110.65mg (11.07%), Vitamin B5: 0.91mg (9.13%), Vitamin B6: 0.17mg (8.62%), Potassium: 289.01mg (8.26%), Vitamin K: 6.87µg (6.55%), Folate: 25.96µg (6.49%), Zinc: 0.87mg (5.81%), Vitamin C: 4.47mg (5.42%), Manganese: 0.09mg (4.73%), Fiber: 1.07g (4.27%), Vitamin B12: 0.25µg (4.19%), Vitamin B1: 0.06mg (4.07%), Vitamin A: 202.02IU (4.04%), Iron: 0.43mg (2.36%), Vitamin D: 0.27µg (1.81%), Magnesium: 5.51mg (1.38%)