



Grilled Stuffed Portobello Mushrooms



Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



530 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons canola oil for brushing mushrooms
- ☐ 0.5 cup panko bread crumbs
- ☐ 0.8 cup parmesan grated
- ☐ 1 cup part-skim mozzarella cheese shredded
- ☐ 1 cup pre-made pesto sauce brand
- ☐ 4 large portabello mushrooms
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup sun-dried tomatoes with oil julienned

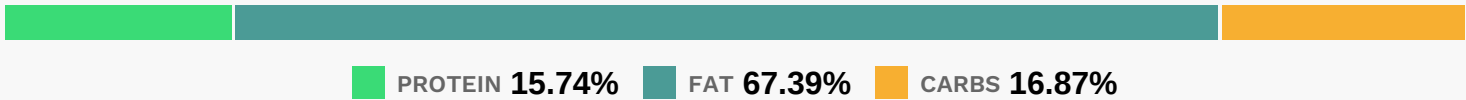
Equipment

- ☐ paper towels
- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill to medium heat
- ☐ Wipe the mushrooms with a damp paper towel to clean and dry well. Do not rinse under water.
- ☐ Brush the tops of the mushrooms with canola oil and set aside.
- ☐ In a mixing bowl, mix together the pesto sauce, Parmesan, sun-dried tomatoes and the bread crumbs. Season with salt and pepper, to taste, and mix thoroughly. Divide the mixture evenly into the 4 mushroom caps and top each with some mozzarella cheese. Put on the grill and cook until cheese is melted, about 10 minutes.
- ☐ Transfer to a serving dish and serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.97, Inflammation Score:-8, Nutrition Score:18.671304225922%

Nutrients (% of daily need)

Calories: 530.27kcal (26.51%), Fat: 40.34g (62.07%), Saturated Fat: 10.59g (66.2%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 18.59g (6.76%), Sugar: 10.19g (11.32%), Cholesterol: 35.63mg (11.88%), Sodium: 1130.59mg (49.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.39%), Calcium: 572.59mg (57.26%), Phosphorus: 411.97mg (41.2%), Selenium: 26.53µg (37.89%), Vitamin A: 1651.76IU (33.04%), Vitamin B3: 5.6mg (27.99%), Potassium: 834.18mg (23.83%), Copper: 0.47mg (23.45%), Vitamin B2: 0.35mg (20.82%), Manganese: 0.4mg (20%), Fiber: 4.14g (16.55%), Zinc: 2.12mg (14.11%), Vitamin B5: 1.39mg (13.94%), Vitamin B1: 0.21mg (13.81%), Iron: 2.46mg (13.65%), Vitamin K: 12.33µg (11.74%), Folate: 44.74µg (11.19%), Magnesium: 44.76mg (11.19%), Vitamin B6: 0.22mg (10.8%), Vitamin E: 1.33mg (8.87%), Vitamin B12: 0.52µg (8.71%), Vitamin C: 5.39mg (6.53%), Vitamin D:

0.43μg (2.87%)