



Grilled Stuffed Portobello Mushrooms

READY IN



15 min.

SERVINGS



2

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup baby spinach
- ☐ 1.5 teaspoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black
- ☐ 1 garlic clove minced
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 teaspoons olive oil divided
- ☐ 0.8 cup onion minced (1 small)
- ☐ 1.5 teaspoons oregano fresh chopped
- ☐ 0.3 cup parmesan cheese grated

☐ 9 inch portabello mushrooms

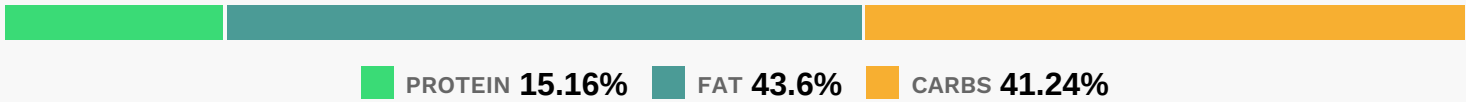
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Remove brown gills from undersides of mushrooms using a spoon; discard gills. Set mushroom caps aside.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic, and onion; saut 2 minutes.
- ☐ Add oregano and spinach; saut 1 minute or until spinach wilts.
- ☐ Transfer spinach mixture to a medium bowl; stir in remaining 1 teaspoon oil, cheese, panko, vinegar, and pepper. Divide filling evenly among mushrooms, spooning onto gill sides.
- ☐ Grill 7 minutes.
- ☐ Serve with: Grilled Tomato Salad

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:1.81, Inflammation Score:-9, Nutrition Score:10.583478352298%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.5mg, Quercetin: 12.5mg, Quercetin: 12.5mg, Quercetin: 12.5mg

Nutrients (% of daily need)

Calories: 166.49kcal (8.32%), Fat: 8.25g (12.69%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 17.56g (5.85%),
Net Carbohydrates: 14.98g (5.45%), Sugar: 4.13g (4.59%), Cholesterol: 10.88mg (3.63%), Sodium: 302.98mg
(13.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Vitamin K: 49.92µg (47.54%),
Manganese: 0.42mg (21.18%), Calcium: 180.31mg (18.03%), Vitamin A: 840.98IU (16.82%), Selenium: 9.7µg (13.86%),
Phosphorus: 135.19mg (13.52%), Folate: 44.29µg (11.07%), Fiber: 2.58g (10.32%), Vitamin B1: 0.15mg (9.76%), Iron:
1.58mg (8.77%), Vitamin C: 7.05mg (8.55%), Vitamin B2: 0.14mg (8.18%), Vitamin B6: 0.16mg (8.07%), Vitamin E:
1.09mg (7.3%), Potassium: 249.46mg (7.13%), Vitamin B3: 1.4mg (6.98%), Magnesium: 26.33mg (6.58%), Zinc:
0.96mg (6.37%), Copper: 0.12mg (5.9%), Vitamin B12: 0.21µg (3.49%), Vitamin B5: 0.33mg (3.35%)