



## Grilled Stuffed Portobello Mushrooms

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



41 kcal

SIDE DISH

### Ingredients

- 2 teaspoons parsley fresh minced
- 1 garlic clove crushed
- 0.1 teaspoon pepper black
- 2 tablespoons juice of lemon fresh
- 2 teaspoons soy sauce low-sodium
- 1 teaspoon olive oil divided
- 1 ounce part-skim mozzarella cheese shredded
- 0.7 cup plum tomatoes chopped

- 20 inch portabello mushrooms
- 0.5 teaspoon rosemary dried fresh finely chopped

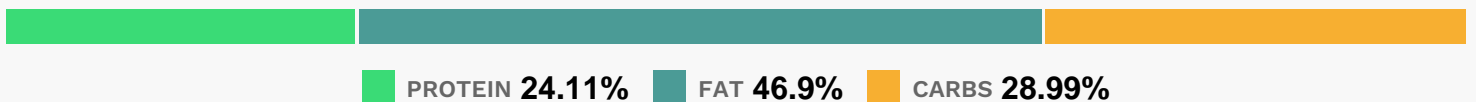
## Equipment

- bowl
- grill

## Directions

- Prepare grill.
- Combine the tomato, cheese, 1/2 teaspoon oil, rosemary, pepper, and garlic in a small bowl.
- Remove brown gills from the undersides of mushroom caps using a spoon, and discard gills.
- Remove stems; discard.
- Combine 1/2 teaspoon oil, juice, and soy sauce in a small bowl; brush over both sides of mushroom caps.
- Place the mushroom caps, stem sides down, on grill rack coated with cooking spray, and grill for 5 minutes on each side or until soft.
- Spoon 1/4 cup tomato mixture into each mushroom cap. Cover and grill 3 minutes or until cheese is melted.
- Sprinkle with parsley.
- Notes: Since the garlic isn't really cooked, the mushrooms have a strong garlic flavor. Grill the mushrooms stem sides down first, so that when they're turned they'll be in the right position to be filled. If you want to plan ahead, remove the gills and stems from the mushrooms and combine the filling, then cover and chill until ready to grill.

## Nutrition Facts



## Properties

Glycemic Index:50.5, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:3.6213043215482%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## **Nutrients (% of daily need)**

Calories: 41.14kcal (2.06%), Fat: 2.29g (3.52%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.46g (0.9%), Sugar: 1.64g (1.83%), Cholesterol: 4.54mg (1.51%), Sodium: 137.25mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Vitamin C: 8.61mg (10.44%), Vitamin A: 368.02IU (7.36%), Calcium: 62.82mg (6.28%), Phosphorus: 62.03mg (6.2%), Selenium: 3.51µg (5.02%), Potassium: 166.4mg (4.75%), Vitamin K: 4.77µg (4.54%), Manganese: 0.09mg (4.34%), Vitamin B3: 0.85mg (4.27%), Vitamin B6: 0.07mg (3.62%), Copper: 0.07mg (3.35%), Folate: 12.86µg (3.21%), Vitamin B2: 0.05mg (3.16%), Fiber: 0.72g (2.87%), Vitamin E: 0.39mg (2.62%), Zinc: 0.36mg (2.43%), Magnesium: 8.49mg (2.12%), Vitamin B5: 0.21mg (2.09%), Vitamin B1: 0.03mg (1.86%), Iron: 0.23mg (1.29%), Vitamin B12: 0.06µg (1.07%)