



## Grilled Stuffed Portobello Mushrooms for Two

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



21 kcal

SIDE DISH

### Ingredients

- 0.3 cup lite balsamic vinaigrette dressing divided kraft
- 0.5 cup brown rice long-grain cooked
- 0.3 cup basil fresh chopped
- 0.3 cup milk italian\* three cheese blend shredded 2% kraft
- 0.8 lb portabello mushrooms
- 0.5 cup tomatoes seeded chopped

### Equipment

- frying pan

grill

## Directions

Heat grill to medium heat.

Use spoon to remove stems and brown gills from undersides of mushroom caps. Discard gills; chop stems.

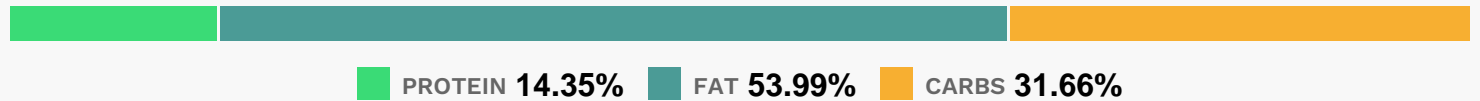
Brush both sides of mushroom caps evenly with 2 Tbsp. dressing.

Heat remaining dressing in small skillet on medium heat.

Add chopped stems; cook and stir 6 min. or until tender. Stir in rice, tomatoes, cheese and basil.

Grill mushrooms, top sides up, 5 min; turn. Top with rice mixture; grill 5 min. until mushrooms are tender and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:4.32, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.241304345105%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 21.36kcal (1.07%), Fat: 1.33g (2.04%), Saturated Fat: 0.15g (0.97%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.51g (0.57%), Cholesterol: 0.3mg (0.1%), Sodium: 25.66mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.59%), Selenium: 2.91µg (4.16%), Vitamin B3: 0.69mg (3.45%), Manganese: 0.05mg (2.54%), Copper: 0.05mg (2.28%), Phosphorus: 18.78mg (1.88%), Vitamin B5: 0.17mg (1.69%), Potassium: 58.98mg (1.69%), Vitamin B6: 0.03mg (1.43%), Vitamin K: 1.25µg (1.2%), Fiber: 0.29g (1.15%), Folate: 4.58µg (1.14%), Vitamin B2: 0.02mg (1.14%)