

SIDE DISH

Herbed Portobello Mushrooms with Mascarpone

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$1.19	87 kcal

You can never have too many side dish recipes, so give Herbed Portobello Mushrooms with Mascarpone a try. This gluten free, lacto ovo vegetarian, and primal recipe serves 8 and costs \$1.19 per serving. One portion of this dish contains about 3g of protein, 7g of fat, and a total of 87 calories.

Ingredients

- ☐ 8 servings Garnish: Fresh basil sprig
- ☐ 1/3 cup low-sodium, fat-free chicken broth
- ☐ 1 tablespoon minced fresh basil
- ☐ 2 garlic cloves, minced
- ☐ 1½ tablespoons fresh lemon juice
- ☐ 4 ounces 1/2 cup mascarpone cheese
- ☐ 1 tablespoon minced fresh oregano
- ☐ ¼ teaspoon freshly ground pepper
- ☐ 8 large fresh portobello mushroom caps

EQUIPMENT Sauce pan, Grill

Method

- 1

Coat mushrooms with vegetable cooking spray; set aside.
- 2

Stir together lemon juice and garlic in a small saucepan; cook over medium heat 1 to 2 minutes. Stir in broth and next 3 ingredients; bring to a boil.

- 3 Remove from heat.
- 4 Brush mushrooms with herb mixture, applying generously to the underside.
- 5 Divide mascarpone into 8 portions, and roll into balls.
- 6 Grill mushrooms, top side up, covered with grill lid, over high heat (400 to 500°F)
- 7 to 7 minutes. Turn mushrooms, and top each with a cheese ball. Grill, covered with grill lid, 5 minutes.
- 8 Garnish with basil sprig, if desired.
- 9 Serve immediately.

Nutrition per serving

87	3 g	7 g	5 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4 g · 25% of daily needs
Fibre			1.4 g · 6% of daily needs
Sugar			2.2 g · 2% of daily needs
Sodium			54.5 mg · 2% of daily needs
Cholesterol			14.2 mg · 5% of daily needs
Vitamin C			1.7 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/herbed-portobello-mushrooms-with-mascarpone-148224