



WHATSheATE



Herbed Portobello Mushrooms with Mascarpone



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 8 servings garnish: basil sprig fresh
- ☐ 0.3 cup chicken broth fat-free low-sodium,
- ☐ 1 tablespoon basil fresh minced
- ☐ 2 garlic cloves minced
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 4 ounces mascarpone cheese
- ☐ 1 tablespoon oregano fresh minced

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 8 large portobello mushroom caps fresh

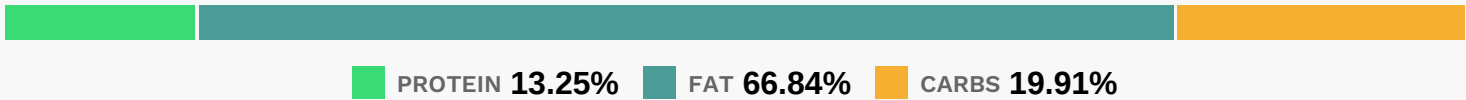
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Coat mushrooms with vegetable cooking spray; set aside.
- ☐ 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.
- ☐ Remove from heat.
- ☐ Brush mushrooms with herb mixture, applying generously to the underside.
- ☐ Divide mascarpone into 8 portions, and roll into balls.
- ☐ Grill mushrooms, top side up, covered with grill lid, over high heat (400 to 50
- ☐ to 7 minutes. Turn mushrooms, and top each with a cheese ball. Grill, covered with grill lid, 5 minutes.
- ☐ Garnish with basil sprig, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:6.8578260903773%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 86.71kcal (4.34%), Fat: 6.74g (10.37%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 3.09g (1.12%), Sugar: 2.23g (2.47%), Cholesterol: 14.17mg (4.72%), Sodium: 54.46mg (2.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Selenium: 15.98µg (22.83%), Vitamin B3: 3.89mg (19.43%), Copper: 0.26mg (12.91%), Vitamin K: 13.34µg (12.7%), Vitamin B5: 0.99mg (9.88%), Phosphorus: 95.42mg (9.54%), Potassium: 329.85mg (9.42%), Vitamin B6: 0.15mg (7.32%), Vitamin B2: 0.12mg (6.92%), Manganese: 0.14mg (6.84%), Folate: 27.22µg (6.81%), Vitamin A: 328.34IU (6.57%), Fiber: 1.43g (5.73%), Calcium: 38.51mg (3.85%), Vitamin B1: 0.05mg (3.62%), Iron: 0.6mg (3.31%), Zinc: 0.49mg (3.29%), Vitamin C: 1.74mg (2.11%), Vitamin D: 0.25µg (1.68%), Vitamin E: 0.15mg (1.03%), Vitamin B12: 0.06µg (1.02%)