



Lasagna-Stuffed Mushrooms

READY IN



50 min.

SERVINGS



2

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup curd cottage cheese fat-free
- ☐ 1 eggs
- ☐ 6 large mushrooms fresh as needed
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon green onion finely chopped
- ☐ 0.3 pound ground beef lean
- ☐ 0.3 cup pasta sauce divided prepared
- ☐ 2 servings salt and pepper black to taste
- ☐ 0.3 cup mozzarella cheese shredded divided

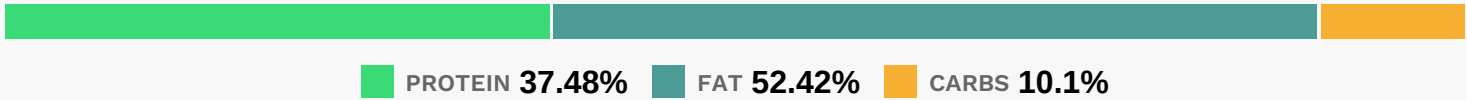
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Spray an 8x8-inch baking dish with cooking spray.
- ☐ Cook and stir the ground beef in a skillet over medium heat, breaking it apart as it cooks, until the meat is no longer pink, about 10 minutes.
- ☐ Mix together the cottage cheese, egg, green onion, parsley, and salt and pepper in a bowl until the mixture is well combined. Stir in the cooked ground beef.
- ☐ Place the mushrooms, hollow sides up, close together in the prepared baking dish. Spoon about 1 tablespoon of the cheese filling into the cavity of each mushroom, and allow remaining filling to overflow between mushrooms.
- ☐ Bake in the preheated oven until the cheese filling is set, about 15 minutes.
- ☐ Remove dish from oven, and spread the pasta sauce evenly over the mushrooms.
- ☐ Sprinkle an even layer of mozzarella cheese over the sauce, return the dish to the oven, and broil until the cheese is bubbling and beginning to brown, about 5 more minutes.
- ☐ Let the mushrooms stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:85.75, Glycemic Load:2.72, Inflammation Score:-4, Nutrition Score:16.688695606978%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol:

0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 302.23kcal (15.11%), Fat: 17.52g (26.95%), Saturated Fat: 8.93g (55.79%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 6.5g (2.36%), Sugar: 1.76g (1.96%), Cholesterol: 158.28mg (52.76%), Sodium: 537.08mg (23.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.18g (56.35%), Selenium: 29.31µg (41.88%), Vitamin K: 39.57µg (37.68%), Vitamin B2: 0.52mg (30.36%), Vitamin B12: 1.81µg (30.21%), Calcium: 298.05mg (29.81%), Vitamin B3: 5.74mg (28.69%), Phosphorus: 275.51mg (27.55%), Zinc: 4.05mg (26.97%), Vitamin B5: 1.78mg (17.81%), Vitamin B6: 0.35mg (17.37%), Copper: 0.3mg (15.04%), Iron: 2.5mg (13.88%), Potassium: 482.46mg (13.78%), Vitamin A: 411.83IU (8.24%), Folate: 31.87µg (7.97%), Magnesium: 28.37mg (7.09%), Vitamin B1: 0.1mg (6.56%), Vitamin C: 4.67mg (5.66%), Manganese: 0.1mg (5.21%), Vitamin D: 0.69µg (4.6%), Fiber: 1.1g (4.39%), Vitamin E: 0.46mg (3.09%)