



Mozzarella-Stuffed Grilled Portobellos with Balsamic Marinade

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 cup butter melted ()
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 3 garlic cloves divided minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1.5 teaspoons oregano fresh chopped
- ☐ 1.5 cups panko bread crumbs (Japanese breadcrumbs)

- ☐ 2 ounces parmesan cheese grated
- ☐ 6 large portabello mushrooms stemmed
- ☐ 5 ounces mozzarella cheese shredded

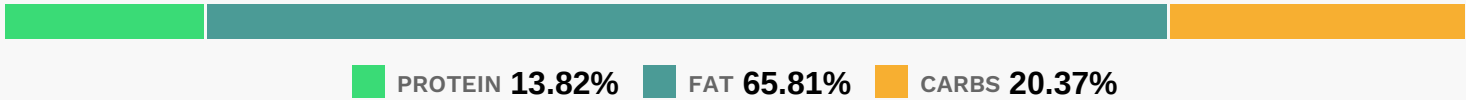
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk oil, 2 tablespoons vinegar, and 1 garlic clove in small bowl for marinade. Using spoon, scrape out gills from mushrooms and place mushrooms on rimmed baking sheet.
- ☐ Brush marinade over both sides of mushrooms, arrange hollow side up, and let stand at room temperature 30 minutes.
- ☐ Prepare barbecue (medium heat).
- ☐ Mix panko, next 5 ingredients, and remaining 2 garlic cloves in medium bowl.
- ☐ Drizzle butter and remaining teaspoon vinegar over panko mixture and toss. Divide panko mixture among mushrooms, leaving 1/2-inch border around edges and packing down slightly.
- ☐ Place mushrooms on grill, stuffing side up; cover grill and cook until cheese melts and juices bubble at edges of mushrooms, rearranging mushrooms occasionally for even cooking (do not turn over), about 6 minutes.
- ☐ *Panko can be used in any recipe calling for dry (not fresh) breadcrumbs — such as eggplant parmigiana, chicken tenders, or meatloaf. It is available in the Asian foods section of some supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:13.586956480275%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 345.86kcal (17.29%), Fat: 25.73g (39.59%), Saturated Fat: 10.92g (68.24%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 15.73g (5.72%), Sugar: 4.22g (4.68%), Cholesterol: 47.22mg (15.74%), Sodium: 494.17mg (21.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.32%), Selenium: 27.08µg (38.69%), Phosphorus: 267.4mg (26.74%), Calcium: 252.34mg (25.23%), Vitamin B3: 4.87mg (24.35%), Vitamin K: 19.53µg (18.6%), Vitamin B2: 0.28mg (16.61%), Copper: 0.3mg (15.01%), Manganese: 0.28mg (14.16%), Vitamin B1: 0.21mg (14.08%), Vitamin B12: 0.78µg (12.95%), Zinc: 1.83mg (12.2%), Vitamin E: 1.75mg (11.68%), Potassium: 405.7mg (11.59%), Folate: 46.2µg (11.55%), Vitamin B5: 1.13mg (11.34%), Vitamin A: 551.74IU (11.03%), Vitamin B6: 0.19mg (9.36%), Iron: 1.58mg (8.78%), Fiber: 2.19g (8.76%), Magnesium: 18.67mg (4.67%), Vitamin D: 0.39µg (2.62%), Vitamin C: 2.06mg (2.5%)