



Mozzarella Stuffed Portobellos

READY IN



26 min.

SERVINGS



12

CALORIES



196 kcal

SIDE DISH

Ingredients

- 6 tablespoons balsamic vinegar
- 4 tablespoons freshly basil leaves chopped
- 1 cup bread crumbs fresh
- 12 ounces mozzarella cheese fresh per slice ()
- 0.5 cup olive oil extra-virgin divided
- 1 cup parmesan grated
- 4 tablespoons freshly parsley leaves chopped
- 12 large portabello mushrooms stemmed
- 12 servings sea salt black freshly ground

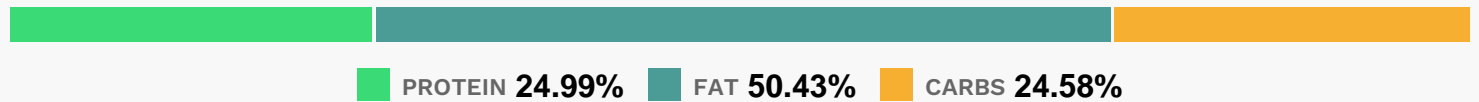
Equipment

- baking sheet
- oven

Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- Toss the portabellas in the balsamic vinegar, 1/4 cup of olive oil, gray salt and pepper, to taste. Arrange the mushrooms on a baking sheet and roast in the oven for about 10 minutes.
- Remove from the oven and let cool to room temperature.
- While the mushrooms are cooling mix together the bread crumbs, Parmesan, herbs and the remaining 1/4 cup olive oil.
- Place 1 slice (2 if the mushrooms are large) of mozzarella in the cupped side of each mushroom. Distribute the bread and herb mixture evenly over the mushrooms and return to the oven to roast for 5 to 6 minutes or until the mozzarella is molten and the bread and herb topping a nice golden brown.
- Serve either hot or at room temperature and enjoy.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.95, Inflammation Score:-4, Nutrition Score:12.175652120424%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 195.58kcal (9.78%), Fat: 11.08g (17.04%), Saturated Fat: 5.51g (34.42%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 10.57g (3.84%), Sugar: 4.23g (4.7%), Cholesterol: 28.06mg (9.35%), Sodium: 387.36mg (16.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.7%), Selenium: 24.59µg (35.14%), Phosphorus:

266.59mg (26.66%), Calcium: 266.46mg (26.65%), Vitamin K: 27.27µg (25.97%), Vitamin B3: 4.45mg (22.24%), Vitamin B2: 0.26mg (15.02%), Copper: 0.28mg (13.85%), Vitamin B12: 0.82µg (13.66%), Zinc: 1.66mg (11.07%), Vitamin B5: 1.09mg (10.93%), Potassium: 372.27mg (10.64%), Vitamin B1: 0.15mg (9.99%), Folate: 38.21µg (9.55%), Manganese: 0.18mg (9.19%), Vitamin A: 404.76IU (8.1%), Vitamin B6: 0.16mg (7.79%), Fiber: 1.58g (6.31%), Iron: 1.07mg (5.94%), Magnesium: 15.43mg (3.86%), Vitamin D: 0.41µg (2.71%), Vitamin E: 0.37mg (2.48%), Vitamin C: 1.89mg (2.29%)