



Mushroom Parmesan

 **Gluten Free**

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

162 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter cut into small pieces
- ☐ 1 cup tomatoes homemade store bought or
- ☐ 3 tablespoons olive oil extra-virgin for greasing the grill pan
- ☐ 0.3 cup parmesan grated
- ☐ 4 to 6 portobello mushrooms
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup mozzarella cheese shredded

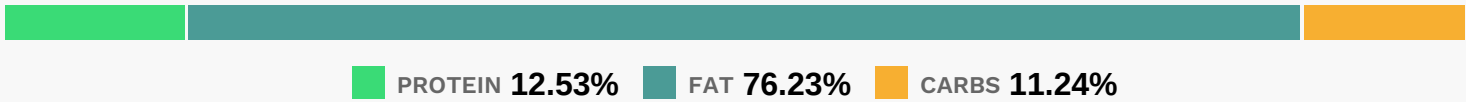
Equipment

- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- ☐ Drizzle 3 tablespoons of olive oil over both sides of the mushrooms.
- ☐ Sprinkle the mushrooms with salt and pepper.
- ☐ Drizzle olive oil on the grill to prevent the mushrooms from sticking. Grill until the mushrooms are heated through and tender, about 5 minutes per side.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Spread 1/2 cup of the marinara sauce on the bottom of a 9 by 13-inch baking dish.
- ☐ Place the grilled mushrooms on top of the marinara sauce and top with the remaining marinara sauce.
- ☐ Sprinkle with the cheeses and top with the butter pieces.
- ☐ Bake until the cheese melts and the top is golden, about 15 minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:0.8, Inflammation Score:-3, Nutrition Score:7.2199999975122%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 162kcal (8.1%), Fat: 14.27g (21.95%), Saturated Fat: 5.33g (33.3%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 3.37g (1.22%), Sugar: 2.99g (3.32%), Cholesterol: 20.24mg (6.75%), Sodium: 547.81mg (23.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Selenium: 13.24µg (18.91%), Vitamin B3: 2.95mg (14.73%), Phosphorus: 134.71mg (13.47%), Vitamin E: 1.74mg (11.62%), Calcium: 105.54mg (10.55%), Copper: 0.21mg (10.54%), Potassium: 338.38mg (9.67%), Vitamin B2: 0.14mg (8.31%), Vitamin B5: 0.8mg (8.03%), Vitamin A: 389.52IU (7.79%), Vitamin B6: 0.13mg (6.53%), Vitamin K: 6.11µg (5.82%), Fiber: 1.36g (5.45%), Zinc: 0.78mg (5.2%), Folate: 20.45µg (5.11%), Vitamin B12: 0.3µg (4.98%), Manganese: 0.1mg (4.85%), Iron: 0.69mg (3.84%), Vitamin C: 2.86mg (3.46%), Vitamin B1: 0.05mg (3.17%), Magnesium: 10.07mg (2.52%), Vitamin D: 0.23µg (1.51%)