



Parsnip and Portobello Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup breadcrumbs dry
- 0.7 cup less-sodium chicken broth fat-free
- 2 tablespoons parsley fresh chopped
- 2 ounces gouda cheese shredded
- 3 ounces sugar-cured ham chopped
- 1 pound parsnips shredded
- 6 ounces portobello mushroom caps
- 2 tablespoons shallots minced

1 cup onion yellow chopped

Equipment

frying pan

oven

baking pan

Directions

Preheat oven to 37

Remove brown gills from undersides of portobello mushroom caps using a spoon, and discard gills. Chop to measure 3 1/2 cups.

Heat a large skillet over medium-high heat.

Add chopped ham; saut 2 minutes, stirring frequently.

Add onion and shallots; saut 5 minutes or until tender.

Add mushroom and broth; cook 5 minutes, stirring frequently.

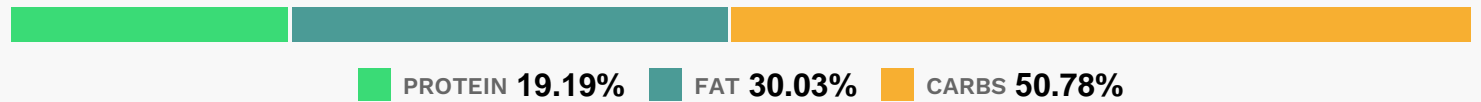
Add parsnip and pepper; cook 5 minutes, stirring frequently.

Remove from heat; stir in cheese. Spoon mixture into a 2-quart baking dish coated with cooking spray.

Combine breadcrumbs and parsley; sprinkle over mushroom mixture.

Bake at 375 for 10 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:8.87, Inflammation Score:-7, Nutrition Score:19.702608699384%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.31mg, Myricetin:

0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg

Nutrients (% of daily need)

Calories: 245.34kcal (12.27%), Fat: 8.43g (12.96%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 24.7g (8.98%), Sugar: 9.4g (10.45%), Cholesterol: 29.34mg (9.78%), Sodium: 591.13mg (25.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.23%), Vitamin K: 59.49µg (56.66%), Manganese: 0.82mg (41.02%), Vitamin C: 25.3mg (30.66%), Fiber: 7.35g (29.4%), Phosphorus: 280.59mg (28.06%), Selenium: 19.63µg (28.05%), Folate: 111.46µg (27.87%), Vitamin B1: 0.35mg (23.36%), Vitamin B3: 4.41mg (22.03%), Potassium: 770.41mg (22.01%), Calcium: 171.04mg (17.1%), Vitamin B6: 0.34mg (16.9%), Copper: 0.33mg (16.47%), Vitamin B2: 0.26mg (15.03%), Vitamin B5: 1.47mg (14.67%), Zinc: 2.16mg (14.38%), Magnesium: 50.58mg (12.65%), Vitamin E: 1.84mg (12.27%), Iron: 1.68mg (9.33%), Vitamin B12: 0.47µg (7.92%), Vitamin A: 249.97IU (5%), Vitamin D: 0.35µg (2.32%)