



Pepperoni Portobello Pizzas

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bell pepper green
- 0.3 cup four-cheese blend shredded italian
- 1.5 tablespoon olive oil
- 1 tablespoon pizza sauce jarred
- 30 inch portabello mushrooms
- 2 ounces turkey pepperoni sliced

Equipment

- baking sheet

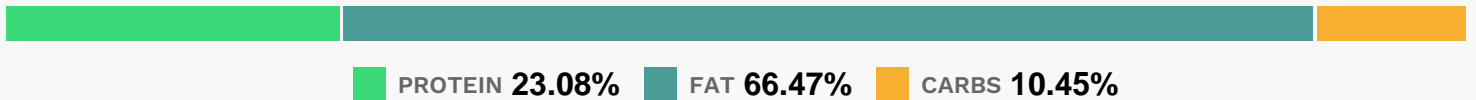
paper towels

oven

Directions

- Preheat oven to 400F. Stem 6 (5-inch) portobello mushrooms and scrape out gills with a spoon.
- Brush 1 1/2 Tbsp. olive oil all over mushrooms.
- Place on a large, rimmed nonstick baking sheet, hollow side up.
- Bake for 10 minutes and remove from oven. (Leave oven on.)
- Using paper towels, blot excess moisture from mushroom cavities and season with salt and pepper.
- Spread 1 Tbsp. jarred pizza sauce in cavity of each mushroom. Divide 2 oz. sliced turkey pepperoni and 1 green pepper, seeded and thinly sliced, evenly among mushroom caps. Top each with 1/4 cup shredded Italian four-cheese blend.
- Return mushrooms to oven and bake until cheese is bubbling, about 10 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:3.4973913197932%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 91.49kcal (4.57%), Fat: 7.01g (10.78%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 1.83g (0.67%), Sugar: 1.06g (1.18%), Cholesterol: 15.07mg (5.02%), Sodium: 237.72mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.95%), Vitamin C: 19.35mg (23.45%), Vitamin E: 0.74mg (4.93%), Potassium: 156.99mg (4.49%), Copper: 0.09mg (4.27%), Vitamin K: 4.37µg (4.17%), Vitamin B3: 0.83mg (4.14%), Selenium: 2.85µg (4.08%), Zinc: 0.61mg (4.04%), Vitamin B6: 0.08mg (3.94%), Iron: 0.49mg (2.7%),

Fiber: 0.65g (2.59%), Phosphorus: 22.03mg (2.2%), Manganese: 0.04mg (2.14%), Vitamin A: 106.61IU (2.13%),
Vitamin B5: 0.21mg (2.07%), Magnesium: 7.48mg (1.87%), Folate: 7.37µg (1.84%), Calcium: 17.45mg (1.74%), Vitamin
B2: 0.03mg (1.67%), Vitamin B1: 0.02mg (1.55%)