



Portobello Mushrooms Stuffed with Spinach and Artichoke Dip

 Popular

READY IN



30 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

Ingredients

- 14 ounce artichoke hearts drained coarsely chopped canned
- 4 ounces cream cheese room temperature
- 10 ounce pkt spinach frozen thawed drained coarsely chopped
- 1 clove garlic chopped
- 0.3 cup mayonnaise
- 0.3 cup mozzarella cheese
- 1 tablespoon oil

- 0.5 cup panko bread crumbs
- 0.3 cup parmigiano reggiano grated (parmesan)
- 6 medium portabella mushrooms
- 8 servings salt and pepper to taste

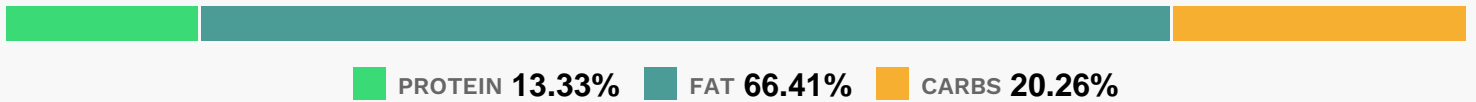
Equipment

- baking sheet
- oven

Directions

- Brush the mushrooms with oil and roast in a preheated 450F oven on a baking sheet with the inside facing up until tender, about 10–15 minutes. Meanwhile mix the spinach, artichokes, cream cheese, mayo, mozzarella, garlic, salt and pepper.
- Mix the oil, breadcrumbs and parmesan. Divide the filling between the mushrooms and sprinkle on the bread crumbs. Roast until the filling is hot and the breadcrumbs are golden brown, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:17.564347909844%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 186.39kcal (9.32%), Fat: 14.07g (21.65%), Saturated Fat: 4.88g (30.51%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 6.88g (2.5%), Sugar: 3.06g (3.4%), Cholesterol: 22.15mg (7.38%), Sodium: 597.34mg (25.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.71%), Vitamin K: 145.17µg (138.26%), Vitamin A: 4398.35IU (87.97%), Selenium: 17.52µg (25.03%), Folate: 75.14µg (18.78%), Manganese: 0.34mg (16.9%), Vitamin B3: 3.29mg (16.44%), Phosphorus: 142.88mg (14.29%), Vitamin B2: 0.23mg (13.59%), Calcium: 124.25mg (12.42%), Copper: 0.25mg (12.37%), Vitamin E: 1.71mg (11.43%), Fiber: 2.79g (11.15%), Potassium: 386.47mg (11.04%), Vitamin

B5: 0.89mg (8.86%), Vitamin B6: 0.18mg (8.8%), Magnesium: 31.71mg (7.93%), Vitamin B1: 0.11mg (7.58%), Iron: 1.13mg (6.25%), Zinc: 0.86mg (5.74%), Vitamin B12: 0.2µg (3.36%), Vitamin C: 2.07mg (2.5%), Vitamin D: 0.23µg (1.55%)