



Portobello Mushrooms with Mediterranean Stuffing

READY IN



45 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinaigrette low-fat divided
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup carrots finely chopped
- ☐ 0.3 cup celery finely chopped
- ☐ 2 ounces feta cheese crumbled
- ☐ 3 cups bread french cubed toasted ()
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup bell pepper green finely chopped

- ☐ 0.3 teaspoon penzey's southwest seasoning dried italian
- ☐ 4 cups salad greens mixed
- ☐ 0.3 cup onion finely chopped
- ☐ 4 teaspoons parmesan cheese fresh grated
- ☐ 16 inch portobello caps ()
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.5 cup vegetable broth

Equipment

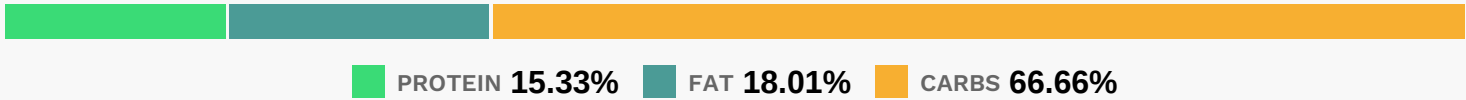
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Remove stems from mushrooms, and finely chop stems to measure 1/4 cup. Discard remaining stems.
- ☐ Combine 1/4 cup chopped stems, onion, and next 6 ingredients (through garlic).
- ☐ Heat a large nonstick skillet over medium heat; coat pan with cooking spray.
- ☐ Add onion mixture to pan; cook 10 minutes or until vegetables are tender.
- ☐ Combine onion mixture and bread in a large bowl, tossing to combine. Slowly add broth to bread mixture, tossing to coat.
- ☐ Add feta; toss gently.
- ☐ Remove brown gills from the undersides of mushroom caps using a spoon; discard gills.
- ☐ Place mushrooms, stem side up, on a baking sheet coated with cooking spray.
- ☐ Brush mushrooms evenly with 1 tablespoon vinaigrette.
- ☐ Sprinkle Parmesan and black pepper evenly over mushrooms; top each with 1/2 cup bread mixture.

- ☐ Bake at 350 for 25 minutes or until mushrooms are tender.
- ☐ Combine remaining 2 tablespoons vinaigrette and greens, tossing gently.
- ☐ Place 1 cup greens on each of 4 plates; top each serving with 1 mushroom.

Nutrition Facts



Properties

Glycemic Index:98.58, Glycemic Load:72.11, Inflammation Score:-9, Nutrition Score:30.009999809058%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 590.8kcal (29.54%), Fat: 11.89g (18.29%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 99.02g (33.01%), Net Carbohydrates: 94.02g (34.19%), Sugar: 10.61g (11.79%), Cholesterol: 13.3mg (4.43%), Sodium: 1487.8mg (64.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.54%), Vitamin B1: 1.32mg (88.33%), Selenium: 55.47µg (79.24%), Folate: 251.77µg (62.94%), Vitamin B2: 0.94mg (55.17%), Manganese: 1.1mg (54.98%), Vitamin B3: 9.64mg (48.18%), Vitamin A: 2278.6IU (45.57%), Iron: 7.53mg (41.86%), Vitamin C: 30.57mg (37.05%), Phosphorus: 281.77mg (28.18%), Fiber: 5g (20%), Vitamin B6: 0.39mg (19.69%), Calcium: 194.93mg (19.49%), Magnesium: 69.94mg (17.49%), Copper: 0.35mg (17.4%), Zinc: 2.52mg (16.81%), Potassium: 424.91mg (12.14%), Vitamin B5: 1mg (9.98%), Vitamin K: 6.61µg (6.3%), Vitamin E: 0.68mg (4.54%), Vitamin B12: 0.26µg (4.28%)