



Portobello Mushrooms with White Beans and Prosciutto

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup baby spinach
- ☐ 2 teaspoons balsamic vinegar
- ☐ 19 ounces .5 can cannellini beans rinsed drained canned
- ☐ 2 tablespoons flat-leaf parsley finely chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 teaspoons garlic finely chopped
- ☐ 0.3 cup chicken broth reduced-sodium
- ☐ 4 teaspoons olive oil divided

- ☐ 2 tablespoons panko breadcrumbs
- ☐ 2 tablespoons parmesan fresh grated
- ☐ 4 large portobello mushroom caps
- ☐ 1 ounce pancetta chopped
- ☐ 0.3 cup shallots finely chopped

Equipment

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

Directions

- ☐ Heat oven to 450°. On a rimmed baking sheet lined with parchment paper, place caps top up. In a bowl, whisk 2 teaspoons oil and vinegar and season with salt and black pepper.
- ☐ Brush caps with oil mixture; reserve remaining mixture.
- ☐ Bake until tender, 8 minutes. In a skillet over medium heat, heat remaining 2 teaspoons oil. Cook shallots until soft, 2 minutes.
- ☐ Add garlic and rosemary; cook, 1 minute. Stir in beans and broth; season with black pepper.
- ☐ Remove from heat, stir in prosciutto and parsley and transfer to a bowl. In the same skillet over medium heat, cook spinach until wilted, 1 minute.
- ☐ Drain juice from caps and return to baking sheet, top down; brush with remaining oil mixture. Stuff caps with bean mixture and spinach. In a bowl, combine panko and Parmesan; divide among caps. Coat caps with cooking spray; bake until panko is golden, 10 minutes.
- ☐ Self

Nutrition Facts



 **PROTEIN 20.34%**  **FAT 26.11%**  **CARBS 53.55%**

Properties

Glycemic Index:58, Glycemic Load:7.87, Inflammation Score:-8, Nutrition Score:21.695652080619%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 285.95kcal (14.3%), Fat: 8.56g (13.17%), Saturated Fat: 2.15g (13.47%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 31.01g (11.28%), Sugar: 4.43g (4.93%), Cholesterol: 6.38mg (2.13%), Sodium: 150.54mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15g (30%), Vitamin K: 66.8µg (63.62%), Manganese: 0.92mg (46.21%), Fiber: 8.48g (33.91%), Folate: 135.63µg (33.91%), Selenium: 21.47µg (30.68%), Copper: 0.61mg (30.26%), Potassium: 1056.81mg (30.19%), Iron: 5.13mg (28.5%), Phosphorus: 269.07mg (26.91%), Vitamin B3: 4.86mg (24.3%), Magnesium: 82.17mg (20.54%), Vitamin B1: 0.27mg (17.71%), Vitamin B6: 0.34mg (16.82%), Calcium: 157.83mg (15.78%), Zinc: 2.32mg (15.49%), Vitamin A: 719.54IU (14.39%), Vitamin B5: 1.35mg (13.49%), Vitamin B2: 0.21mg (12.64%), Vitamin E: 1.83mg (12.22%), Vitamin C: 5.9mg (7.15%), Vitamin B12: 0.14µg (2.33%), Vitamin D: 0.29µg (1.95%)