



## Portobello Parmesan

READY IN



70 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 28 ounce canned tomatoes diced canned
- 4 large eggs
- 1 cup flour all-purpose
- 4 basil leaves fresh
- 2 tablespoons parsley fresh chopped
- 3 cloves garlic smashed
- 6 servings kosher salt and pepper freshly ground
- 4 ounces buffalo mozzarella cheese sliced
- 1 tablespoon olive oil extra-virgin plus more for the dish

- 2 cups panko bread crumbs (Japanese breadcrumbs)
- 1 cup parmesan cheese grated
- 6 servings vegetable oil; peanut oil preferred for frying
- 3 portobello mushroom caps
- 0.3 teaspoon pepper flakes red

## Equipment

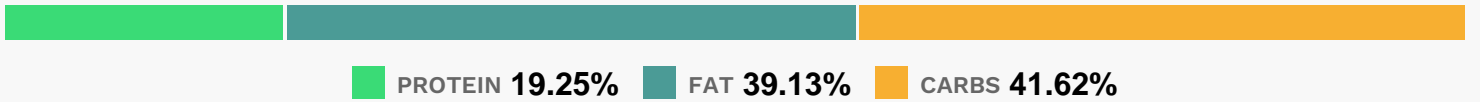
- food processor
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- baking pan

## Directions

- Preheat the oven to 350 degrees F. Lightly oil a 9-by-13-inch baking dish. Scrape out the gills of the portobellos with a spoon, then halve the mushrooms horizontally to make 6 thin rounds.
- Heat the olive oil in a saucepan over medium-high heat.
- Add the red pepper flakes and garlic; cook 1 minute. Reduce the heat to low, add the tomatoes and basil and cook until the garlic is soft, about 15 more minutes.
- Transfer to a food processor and puree until smooth. Season with salt and pepper.
- Combine the panko, 1/2 cup parmesan, 1 tablespoon parsley, 1 teaspoon salt and 1/2 teaspoon pepper in a shallow bowl.
- Whisk the eggs and 2 tablespoons cold water in another bowl.
- Put the flour in a third bowl. Dredge the mushrooms in flour, shaking off the excess. Dip in the eggs and then in the panko mixture, pressing to coat both sides.
- Heat 1/2 inch peanut oil in a large skillet over medium-high heat. Working in batches, fry the mushrooms until golden, about 2 minutes per side.

- Drain on paper towels.
- Spread a layer of the tomato sauce in the prepared baking dish.
- Add the fried mushrooms, then cover with the remaining tomato sauce. Top with the mozzarella and the remaining 1/2 cup parmesan.
- Bake until browned, 20 to 25 minutes.
- Sprinkle with the remaining 1 tablespoon parsley.
- Photograph by Andrew McCaul

## Nutrition Facts



### Properties

Glycemic Index:40.83, Glycemic Load:14.37, Inflammation Score:-8, Nutrition Score:24.780869649804%

### Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 424.42kcal (21.22%), Fat: 18.76g (28.86%), Saturated Fat: 7.25g (45.31%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 40.27g (14.64%), Sugar: 8.5g (9.45%), Cholesterol: 152.86mg (50.95%), Sodium: 937.75mg (40.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.76g (41.52%), Calcium: 678.87mg (67.89%), Selenium: 37.01µg (52.87%), Vitamin B1: 0.5mg (33.55%), Manganese: 0.65mg (32.63%), Phosphorus: 318.33mg (31.83%), Vitamin K: 33.29µg (31.7%), Vitamin B3: 6.14mg (30.69%), Vitamin B2: 0.52mg (30.63%), Folate: 107.43µg (26.86%), Vitamin A: 1317.38IU (26.35%), Iron: 4.66mg (25.91%), Copper: 0.48mg (24.12%), Potassium: 707.02mg (20.2%), Vitamin E: 2.95mg (19.64%), Vitamin B6: 0.39mg (19.3%), Fiber: 4.63g (18.52%), Vitamin C: 14.46mg (17.53%), Vitamin B5: 1.63mg (16.29%), Zinc: 2.21mg (14.7%), Magnesium: 50.82mg (12.7%), Vitamin B12: 0.61µg (10.21%), Vitamin D: 0.88µg (5.84%)