



Portobello Pizzas

 Gluten Free

READY IN



16 min.

SERVINGS



24

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup basil shredded
- 0.5 cup basil shredded
- 0.5 cup cup heavy whipping cream
- 0.5 pint grape tomatoes
- 1 pound ground sausage sweet italian
- 24 servings olive oil extra virgin extra-virgin for liberal drizzling plus 1 tablespoon
- 0.5 cup parmesan shredded
- 6 large portabello mushrooms

24 servings pepper black freshly ground

Equipment

frying pan

broiler

Directions

Preheat broiler.

Dress the mushroom caps with liberal drizzle of extra-virgin olive oil and season with salt and pepper. Broil the portobello mushrooms 5 minutes on each side until tender.

While caps are broiling heat 1 tablespoon extra-virgin olive oil in a skillet over medium high heat, add sausage and brown and crumble the meat, then add tomatoes to skillet and cook another few minutes until they burst.

Add cream to skillet and reduce 2 to 3 minutes more.

Remove the sausage from heat and fold in basil. Fill mushroom caps and top with cheese, place under broiler to brown 2 to 3 minutes then quarter caps and serve.

Nutrition Facts

PROTEIN 7.4% **FAT 89.71%** **CARBS 2.89%**

Properties

Glycemic Index:11.04, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:5.0491304708564%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 221.05kcal (11.05%), Fat: 22.35g (34.39%), Saturated Fat: 5.56g (34.76%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.95g (1.05%), Cholesterol: 21.38mg (7.13%), Sodium: 175.59mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin E: 2.13mg (14.22%), Selenium: 9.22µg

(13.17%), Vitamin K: 13.71µg (13.06%), Vitamin B1: 0.13mg (8.38%), Vitamin B3: 1.64mg (8.18%), Phosphorus: 69.94mg (6.99%), Vitamin B6: 0.1mg (5.06%), Vitamin B2: 0.08mg (4.59%), Potassium: 158.67mg (4.53%), Vitamin A: 224.57IU (4.49%), Copper: 0.09mg (4.37%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.54mg (3.63%), Vitamin B12: 0.22µg (3.59%), Calcium: 35.31mg (3.53%), Manganese: 0.06mg (3.07%), Iron: 0.46mg (2.54%), Folate: 9.91µg (2.48%), Vitamin C: 1.94mg (2.35%), Fiber: 0.43g (1.73%), Magnesium: 5.81mg (1.45%), Vitamin D: 0.15µg (1.02%)