



Portobello Stacks

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 1 eggplant sliced into 1/2 inch rounds
- 1 large onion sliced
- 4 portabello mushrooms
- 4 slices provolone cheese
- 1 tomatoes sliced

Equipment

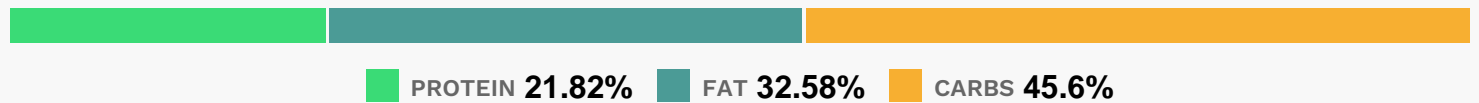
- oven

baking pan

Directions

- Marinate the mushrooms and onions in balsamic vinegar for 20 minutes.
- Preheat oven to 350 degrees F (175 degrees C).
- On a non-stick baking pan layer in four stacks: eggplant, mushroom, onion, tomato and cheese.
- Bake in preheated oven for 30 minutes, or until cheese is golden brown.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:3.54, Inflammation Score:-6, Nutrition Score:13.151739161947%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg

Nutrients (% of daily need)

Calories: 148.35kcal (7.42%), Fat: 5.65g (8.7%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 12.27g (4.46%), Sugar: 11.03g (12.26%), Cholesterol: 13.11mg (4.37%), Sodium: 154.68mg (6.73%), Alcohol: 0g (100%), Protein: 8.52g (17.04%), Selenium: 18.91µg (27.01%), Vitamin B3: 4.77mg (23.87%), Phosphorus: 233.72mg (23.37%), Fiber: 5.53g (22.13%), Manganese: 0.43mg (21.49%), Potassium: 739.66mg (21.13%), Copper: 0.37mg (18.74%), Calcium: 172.47mg (17.25%), Folate: 62.35µg (15.59%), Vitamin B6: 0.3mg (15.2%), Vitamin B5: 1.44mg (14.43%), Vitamin B2: 0.23mg (13.44%), Vitamin C: 9.51mg (11.52%), Zinc: 1.37mg (9.14%), Vitamin A: 450.43IU (9.01%), Vitamin B1: 0.13mg (8.43%), Magnesium: 30.4mg (7.6%), Vitamin K: 7µg (6.67%), Vitamin B12: 0.32µg (5.32%), Iron: 0.9mg (4.99%), Vitamin E: 0.58mg (3.85%), Vitamin D: 0.35µg (2.31%)