



Portobellos Stuffed with Corn and Mushrooms



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 1 cup corn oil
- ☐ 1 cup feta cheese crumbled
- ☐ 1.5 cups ears corn fresh
- ☐ 1 pound mushrooms wild fresh assorted stemmed sliced (such as oyster and shiitake)
- ☐ 5 teaspoons thyme sprigs fresh chopped
- ☐ 10 garlic clove minced
- ☐ 4 teaspoons oregano fresh chopped
- ☐ 40 inch portabello mushrooms

- ☐ 0.8 cup whipping cream
- ☐ 2 tablespoons balsamic vinegar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ broiler

Directions

- ☐ Whisk 1 cup oil, garlic, vinegar, 3 teaspoons thyme, and 2 teaspoons oregano in medium bowl to blend. Season generously with salt and pepper.
- ☐ Transfer 1/3 cup garlic-herb oil to small bowl; reserve.
- ☐ Trim and thinly slice portobello stems; set aside.
- ☐ Brush both sides of portobello caps with remaining garlic-herb oil; place caps, rounded side down, on large rimmed baking sheet. Preheat broiler. Broil portobello caps until tender, about 5 minutes per side.
- ☐ Remove from broiler. Turn caps rounded side down.
- ☐ Heat 3 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add assorted mushrooms and portobello stems; sauté 5 minutes. Stir in reserved 1/3 cup garlic-herb oil; sauté until mushrooms are tender, about 5 minutes.
- ☐ Add corn; sauté until tender, about 3 minutes.
- ☐ Add cream; simmer until almost absorbed, about 2 minutes. Stir in cheese. Season with salt and pepper. Divide mixture among portobello caps, mounding in center. (Can be made 6 hours ahead. Cover; chill.)
- ☐ Preheat broiler. Broil portobellos until heated through, about 5 minutes.
- ☐ Sprinkle with 2 teaspoons each thyme and oregano.

Nutrition Facts



 **PROTEIN 11.1%**  **FAT 69.29%**  **CARBS 19.61%**

Properties

Glycemic Index:23.63, Glycemic Load:1.37, Inflammation Score:-9, Nutrition Score:10.8299999996268%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 226.72kcal (11.34%), Fat: 18.37g (28.27%), Saturated Fat: 8.22g (51.4%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 9.75g (3.54%), Sugar: 4.47g (4.97%), Cholesterol: 41.9mg (13.97%), Sodium: 229.75mg (9.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.25%), Vitamin B2: 0.47mg (27.93%), Phosphorus: 172.11mg (17.21%), Vitamin B3: 3.39mg (16.97%), Selenium: 11.86µg (16.94%), Vitamin B5: 1.46mg (14.63%), Calcium: 138.69mg (13.87%), Copper: 0.27mg (13.26%), Vitamin B6: 0.25mg (12.58%), Manganese: 0.22mg (11.23%), Vitamin A: 534.69IU (10.69%), Potassium: 372.49mg (10.64%), Vitamin K: 9.78µg (9.31%), Vitamin B1: 0.14mg (9.25%), Folate: 34.55µg (8.64%), Vitamin E: 1.28mg (8.55%), Zinc: 1.18mg (7.85%), Fiber: 1.95g (7.82%), Vitamin C: 6.37mg (7.72%), Iron: 1.29mg (7.15%), Magnesium: 26.4mg (6.6%), Vitamin B12: 0.38µg (6.36%), Vitamin D: 0.58µg (3.89%)