



HEALTH SCORE

80%

Spinach and Artichoke Stuffed Portabello Mushrooms with Tomato and Bread Salad



Vegetarian



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1095 kcal

SIDE DISH

Ingredients

- ☐ 1 can artichoke hearts drained quartered well
- ☐ 4 cups top coarsely chopped
- ☐ 1 egg yolk
- ☐ 1 cup basil leaves fresh
- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 1 clove garlic with microplane or small side box grater grated
- ☐ 0.1 teaspoon nutmeg freshly grated

- ☐ 4 servings olive oil extra-virgin for brushing mushrooms, plus 1/4 cup
- ☐ 0.5 cup parmigiano-reggiano
- ☐ 6 plum tomatoes coarsely chopped
- ☐ 8 portabello mushroom caps
- ☐ 1 small onion red very thinly sliced
- ☐ 1.5 cups ricotta cheese
- ☐ 4 servings salt and pepper black freshly ground

Equipment

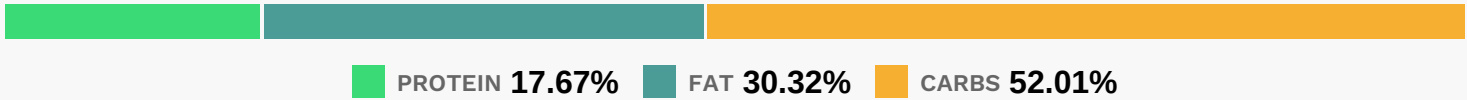
- ☐ bowl
- ☐ oven
- ☐ grill
- ☐ kitchen towels
- ☐ pastry brush

Directions

- ☐ Tidbit: Panzanella, stale bread salad, requires that you soak and wring out the bread before assembling the salad. If you make this with fresh crusty bread or the bread has staled a bit but not hardened, the juice from the tomatoes should be enough to tenderize the bread's crusty edges.
- ☐ Preheat grill to medium-high and oven to 425 degrees F.
- ☐ Using a damp towel, brush mushroom caps to clean. Using a pastry brush, coat the caps with extra-virgin olive oil and grill with lid down or roast about 5 to 6 minutes, turning once, until tender but still firm at center.
- ☐ Wring the spinach out in a clean kitchen towel. Separate the spinach with your fingers and combine with artichokes, ricotta cheese, egg yolk, grated garlic, salt and pepper, to taste, and nutmeg.
- ☐ Remove mushroom caps from grill.
- ☐ To portion-control the filling, divided the stuffing into 4 parts then just split each of those evenly between 2 caps.

- ☐ Sprinkle the caps with Parmigiano and cook 5 to 6 minutes more in the preheated oven to set filling and lightly brown tops.
- ☐ Do not seed tomatoes. Chop and place in a salad bowl.
- ☐ Add basil, bread, onions, 1/4 cup EVOO, lots of salt and pepper and toss with your hands to combine.
- ☐ Serve 2 caps with a pile of salad alongside, if desired, per person.

Nutrition Facts



Properties

Glycemic Index:100.38, Glycemic Load:97.18, Inflammation Score:-10, Nutrition Score:59.771738612134%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 1094.77kcal (54.74%), Fat: 37.49g (57.68%), Saturated Fat: 13.57g (84.79%), Carbohydrates: 144.66g (48.22%), Net Carbohydrates: 132.56g (48.2%), Sugar: 20.09g (22.32%), Cholesterol: 104.53mg (34.84%), Sodium: 2000.32mg (86.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.16g (98.32%), Vitamin K: 307.54µg (292.89%), Vitamin A: 9979.45IU (199.59%), Selenium: 122.25µg (174.64%), Vitamin B1: 1.92mg (128.09%), Folate: 482.76µg (120.69%), Manganese: 2.1mg (105.13%), Vitamin B3: 20.09mg (100.45%), Vitamin B2: 1.66mg (97.92%), Phosphorus: 750.92mg (75.09%), Iron: 12.29mg (68.29%), Calcium: 594.11mg (59.41%), Copper: 1.06mg (53.1%), Fiber: 12.1g (48.41%), Potassium: 1530.56mg (43.73%), Vitamin B6: 0.82mg (40.86%), Magnesium: 162.11mg (40.53%), Zinc: 5.54mg (36.92%), Vitamin E: 5.41mg (36.03%), Vitamin B5: 3.3mg (32.96%), Vitamin C: 19.99mg (24.23%), Vitamin B12: 0.64µg (10.63%), Vitamin D: 1µg (6.64%)