



Spinach Stuffed Portobello Mushrooms

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

Ingredients

- 1 eggs
- 1 clove garlic minced
- 4 servings salt and ground pepper black to taste
- 1 tablespoon salad dressing italian reduced-fat
- 0.3 cup parmesan cheese grated
- 0.3 cup pepperoni chopped
- 4 large portobello mushroom caps
- 3 tablespoons seasoned bread crumbs divided

- 0.3 cup mozzarella cheese shredded divided
- 10 ounce pkt spinach fresh chopped

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Brush both sides of each portobello mushroom cap with Italian dressing. Arrange mushroom on a baking sheet, gill sides up.
- Bake mushrooms in the preheated oven until tender, about 12 minutes.
- Drain any juice that has formed in the mushrooms.
- Beat egg, garlic, salt, and black pepper together in a large bowl.
- Stir spinach, pepperoni, Parmesan cheese, 3 tablespoons mozzarella cheese, and 3 tablespoons bread crumbs into the eggs until evenly mixed.
- Divide spinach mixture over mushroom caps; sprinkle mushrooms with remaining 1 tablespoon mozzarella cheese and 1 tablespoon bread crumbs. Return mushrooms to the oven.
- Continue baking until topping is golden brown and cheese is melted, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:26.3756522925%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 171.91kcal (8.6%), Fat: 9.36g (14.4%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 9.73g (3.54%), Sugar: 3.33g (3.7%), Cholesterol: 58.81mg (19.6%), Sodium: 479.13mg (20.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.15%), Vitamin K: 348.62µg (332.02%), Vitamin A: 6822.97IU (136.46%), Folate: 176.37µg (44.09%), Manganese: 0.85mg (42.32%), Selenium: 27.17µg (38.81%), Vitamin B3: 5.13mg (25.67%), Vitamin C: 20.37mg (24.69%), Phosphorus: 237.9mg (23.79%), Vitamin B2: 0.39mg (22.65%), Potassium: 777.19mg (22.21%), Calcium: 186.69mg (18.67%), Copper: 0.37mg (18.63%), Vitamin B6: 0.34mg (16.95%), Magnesium: 66.15mg (16.54%), Iron: 2.93mg (16.26%), Vitamin B1: 0.21mg (13.77%), Vitamin B5: 1.34mg (13.39%), Fiber: 3.06g (12.24%), Vitamin E: 1.79mg (11.91%), Zinc: 1.73mg (11.53%), Vitamin B12: 0.5µg (8.37%), Vitamin D: 0.62µg (4.15%)