



Stroganoff Stuffed Portabellas

READY IN



40 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup water hot
- ☐ 1.8 cups milk
- ☐ 1 box hawaiian rolls
- ☐ 4 large portabello mushrooms
- ☐ 2 oz cheddar cheese shredded
- ☐ 1 serving parsley fresh chopped

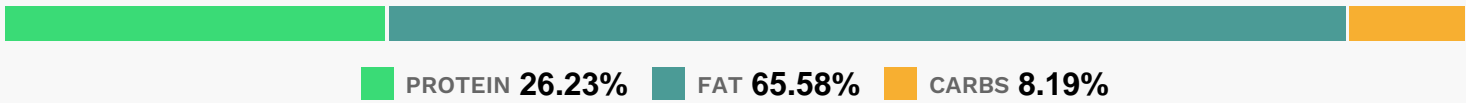
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line cookie sheet with foil.
- ☐ In 10-inch skillet, cook beef over medium-high heat, stirring frequently, until brown; drain. Stir in hot water, milk, sauce mix and uncooked pasta (from Hamburger Helper box).
- ☐ Heat to boiling, stirring occasionally.
- ☐ Reduce heat. Cover; simmer about 10 minutes, stirring occasionally, until pasta is tender.
- ☐ Remove from heat; uncover and allow sauce to thicken, about 5 minutes.
- ☐ Meanwhile, clean mushrooms by gently wiping outsides of caps with damp paper towel or soft brush. Pop out stems. With teaspoon, scrape gills until undersides of caps are mostly clean.
- ☐ Place mushrooms on cookie sheet. Spoon stroganoff mixture into each mushroom. Top with cheese.
- ☐ Bake 10 to 15 minutes or until mushrooms are cooked and cheese is melted. Top with parsley.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:2.07, Inflammation Score:-4, Nutrition Score:20.593043436175%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 429.45kcal (21.47%), Fat: 31.23g (48.04%), Saturated Fat: 13.46g (84.14%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 7.64g (2.78%), Sugar: 7.31g (8.12%), Cholesterol: 107.5mg (35.83%), Sodium: 220.08mg (9.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.2%), Selenium: 38.74µg (55.35%), Vitamin B12: 3.2µg (53.27%), Phosphorus: 443.46mg (44.35%), Vitamin B3: 8.71mg (43.56%), Zinc: 6.16mg (41.06%), Vitamin B2: 0.49mg (28.74%), Vitamin B6: 0.57mg (28.33%), Calcium: 257.08mg (25.71%), Potassium: 788.82mg (22.54%), Vitamin B5: 1.99mg (19.88%), Vitamin K: 19.11µg (18.2%), Copper: 0.32mg (16.08%), Iron: 2.55mg (14.19%), Vitamin B1: 0.16mg (10.96%), Vitamin D: 1.62µg (10.83%), Magnesium: 36.77mg (9.19%), Folate: 36.19µg (9.05%), Vitamin A: 399.21IU (7.98%), Fiber: 1.13g (4.52%), Vitamin E: 0.65mg (4.33%), Manganese: 0.08mg (3.9%), Vitamin C: 1.33mg (1.62%)