



## Stroganoff Stuffed Portabellas

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



430 kcal

SIDE DISH

### Ingredients

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

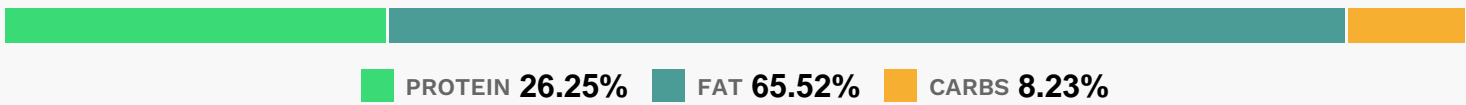
### Equipment

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

Directions

- ☐ Heat oven to 350F. 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:24.25, Glycemic Load:2.03, Inflammation Score:-6, Nutrition Score:23.297391456106%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 430.47kcal (21.52%), Fat: 31.29g (48.14%), Saturated Fat: 13.48g (84.27%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 7.61g (2.77%), Sugar: 7.32g (8.13%), Cholesterol: 107.67mg (35.89%), Sodium: 220.69mg (9.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.21g (56.42%), Vitamin K: 68.31µg (65.05%), Selenium: 38.71µg (55.31%), Vitamin B12: 3.2µg (53.35%), Phosphorus: 445.34mg (44.53%), Vitamin B3: 8.75mg (43.75%), Zinc: 6.2mg (41.33%), Vitamin B2: 0.49mg (28.89%), Vitamin B6: 0.57mg (28.5%), Calcium: 260.9mg (26.09%), Potassium: 805.81mg (23.02%), Vitamin B5: 2mg (20.01%), Copper: 0.33mg (16.3%), Iron: 2.74mg (15.2%), Vitamin A: 651.93IU (13.04%), Vitamin B1: 0.17mg (11.05%), Vitamin D: 1.62µg (10.83%), Folate: 40.53µg (10.13%), Magnesium: 38.25mg (9.56%), Vitamin C: 5.32mg (6.45%), Fiber: 1.22g (4.9%), Vitamin E: 0.67mg (4.48%), Manganese: 0.08mg (4.07%)