



Stuffed Baby Portabella Mushrooms

READY IN



40 min.

SERVINGS



26

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 10 oz portabello mushrooms fresh white
- ☐ 2 tablespoons butter
- ☐ 0.8 cup onion red chopped
- ☐ 1 cup broccoli frozen thawed drained chopped
- ☐ 0.3 cup breadcrumbs
- ☐ 5.2 oz philadelphia cheese and herb cooking creme with garlic and herbs boursin®
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon garlic salt

- ☐ 0.5 teaspoon pepper
- ☐ 1 tablespoon roasted peppers red chopped (from a jar)

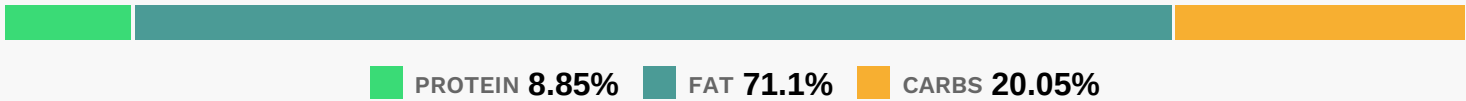
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Carefully remove stems from mushrooms. Chop enough stems to measure 1/2 cup.
- ☐ In 10-inch skillet, melt butter over medium heat. Cook onion and broccoli in butter 2 minutes, stirring occasionally. Stir in mushroom stems. Cook about 2 minutes, stirring occasionally, until broccoli is crisp-tender. Cool slightly. Stir in bread crumbs, cheese, basil, oregano, garlic salt and pepper.
- ☐ Spoon vegetable mixture evenly into mushroom caps, mounding slightly.
- ☐ Place stuffed mushrooms in ungreased 15x10x1-inch pan.
- ☐ Garnish each with bell pepper pieces.
- ☐ Bake uncovered 12 to 15 minutes or until filling is light golden brown.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:1.6569565359665%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 41.05kcal (2.05%), Fat: 3.33g (5.12%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.72g (0.62%), Sugar: 0.79g (0.87%), Cholesterol: 5.86mg (1.95%), Sodium: 107.77mg (4.69%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin C: 3.63mg (4.4%), Vitamin K: 4.17µg (3.97%), Selenium: 2.4µg (3.43%), Vitamin B3: 0.59mg (2.96%), Vitamin A: 122.29IU (2.45%), Manganese: 0.04mg (1.99%), Copper: 0.04mg (1.96%), Folate: 7.43µg (1.86%), Potassium: 61.95mg (1.77%), Phosphorus: 17.59mg (1.76%), Fiber: 0.4g (1.58%), Vitamin B5: 0.16mg (1.57%), Vitamin B6: 0.03mg (1.54%), Vitamin B2: 0.02mg (1.45%), Vitamin B1: 0.02mg (1.43%), Calcium: 10.59mg (1.06%)