



Stuffed 'n Squashed Mushroom Foil Pack

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



122 kcal

SIDE DISH

Ingredients

- 2 servings pepper black
- 0.5 teaspoon garlic chopped
- 1 Dash ground thyme
- 1 teaspoon onion finely chopped
- 2 large portabello mushrooms chopped
- 0.1 teaspoon salt
- 0.5 tablespoon topping parmesan-style grated reduced-fat
- 2 swiss cheese light room temperature (recommended: The Laughing Cow)

- 1 zucchini diced finely

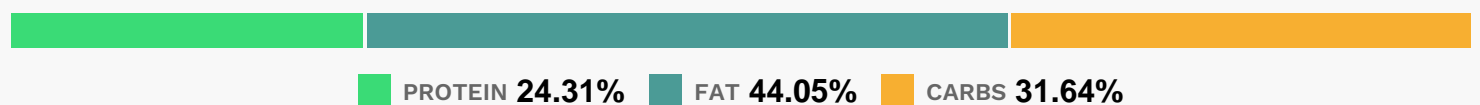
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat the oven to 375 degrees F.
- In a bowl, combine cheese wedges, zucchini, chopped mushroom stems, onion, garlic, salt, and thyme.
- Add pepper, to taste.
- Mix until smooth. Set aside.
- Lay a large piece of heavy-duty foil on a baking sheet. Lightly spray both sides of the mushroom caps with olive oil nonstick spray, and place next to each other on the foil with the rounded sides down. Spoon veggie-cheese mixture into the mushroom caps—there will be a lot, so pack it in!
- Sprinkle with grated topping.
- Place another large piece of foil over the caps. Fold together and seal all four edges of the two foil pieces, forming a well-sealed packet.
- Place the baking sheet in the oven and bake for 23 to 25 minutes, until mushrooms are tender.
- Allow the packet to cool for a few minutes, and then cut it to release steam before opening it entirely. (Careful—steam will be hot.)
- If you like, season with additional salt and thyme, to taste. Enjoy!

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:12.828695779261%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 121.72kcal (6.09%), Fat: 6.35g (9.76%), Saturated Fat: 3.43g (21.45%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 7.81g (2.84%), Sugar: 6.26g (6.96%), Cholesterol: 15.86mg (5.29%), Sodium: 209.09mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Selenium: 21.19µg (30.27%), Phosphorus: 232.75mg (23.27%), Vitamin C: 18.11mg (21.95%), Vitamin B3: 4.27mg (21.36%), Calcium: 183.4mg (18.34%), Potassium: 597mg (17.06%), Copper: 0.33mg (16.25%), Manganese: 0.32mg (15.81%), Vitamin B6: 0.31mg (15.52%), Vitamin B2: 0.26mg (15.32%), Vitamin K: 13.32µg (12.69%), Folate: 50.36µg (12.59%), Vitamin B5: 1.24mg (12.43%), Zinc: 1.58mg (10.56%), Fiber: 2.45g (9.79%), Vitamin B12: 0.56µg (9.3%), Iron: 1.35mg (7.5%), Vitamin A: 356.83IU (7.14%), Vitamin B1: 0.1mg (6.79%), Magnesium: 27.09mg (6.77%), Vitamin E: 0.4mg (2.67%), Vitamin D: 0.25µg (1.68%)