



Stuffed Portobello Mushroom

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



150 kcal

SIDE DISH

Ingredients

- 1 Tbsp butter
- 4 large basil leaves fresh
- 1 tsp garlic fresh minced
- 2 portobello mushroom caps whole
- 2 slices provolone cheese kraft
- 12 slices oscar mayer deli slow roasted roast beef fresh
- 2 slices tomatoes
- 1 Tbsp water

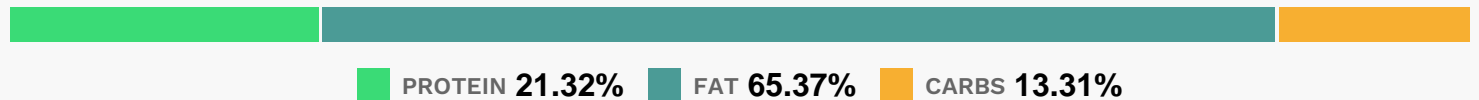
Equipment

- frying pan
- kitchen towels

Directions

- Remove and discard stems from mushrooms. Clean mushroom caps by wiping with a clean, damp kitchen towel.
- Melt butter in medium skillet on medium heat.
- Add garlic; cook and stir 1 min. or until tender.
- Add mushroom caps, with top-sides down, to skillet; top evenly with tomatoes, basil and meat.
- Add water to skillet; cover. Reduce heat to medium-low. Cook 8 min. or until mushrooms are tender
- Place 1 cheese slice on each topped mushroom; cover.
- Remove from heat.
- Let stand 1 min. or until cheese begins to melt.

Nutrition Facts



Properties

Glycemic Index:107.5, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:9.7173911903215%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 150.41kcal (7.52%), Fat: 11.38g (17.51%), Saturated Fat: 7.03g (43.94%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 3.76g (1.37%), Sugar: 2.94g (3.26%), Cholesterol: 31.8mg (10.6%), Sodium: 283.64mg (12.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.7%), Selenium: 19.05µg (27.22%), Vitamin B3: 4.43mg

(22.15%), Phosphorus: 207.31mg (20.73%), Calcium: 171.54mg (17.15%), Copper: 0.27mg (13.69%), Vitamin A: 611.86IU (12.24%), Potassium: 422.45mg (12.07%), Vitamin B5: 1.11mg (11.08%), Vitamin B2: 0.19mg (11.02%), Vitamin B6: 0.2mg (10.13%), Zinc: 1.35mg (9.01%), Vitamin C: 6.98mg (8.46%), Folate: 30.82µg (7.7%), Vitamin B12: 0.43µg (7.22%), Manganese: 0.12mg (6.22%), Vitamin K: 6.39µg (6.09%), Fiber: 1.46g (5.83%), Vitamin B1: 0.07mg (4.62%), Iron: 0.61mg (3.38%), Magnesium: 10.63mg (2.66%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.35µg (2.31%)