



Stuffed Portobello Mushrooms

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup chives fresh chopped
- 1 cup panko breadcrumbs (Japanese)
- 4 ounces preshredded part-skim mozzarella cheese
- 24 inch portabello mushrooms
- 0.3 teaspoon salt
- 1 cup tomatoes red chopped
- 1 cup tomatoes yellow chopped

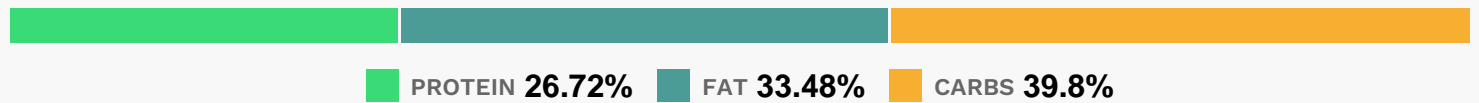
Equipment

- baking sheet
- aluminum foil
- broiler

Directions

- Preheat broiler.
- Remove brown gills from the undersides of mushrooms using a spoon; discard gills.
- Place mushrooms, gill sides down, on a foil-lined baking sheet coated with cooking spray. Broil the mushrooms for 5 minutes.
- While mushrooms broil, combine the tomatoes, panko breadcrumbs, cheese, and chives.
- Turn mushrooms over, and sprinkle evenly with salt and pepper. Divide tomato mixture evenly among mushrooms. Broil 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:9.2369564978973%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 147.59kcal (7.38%), Fat: 5.55g (8.54%), Saturated Fat: 3.09g (19.28%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 13.19g (4.8%), Sugar: 2.66g (2.95%), Cholesterol: 18.14mg (6.05%), Sodium: 441.95mg (19.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.96g (19.93%), Calcium: 260.09mg (26.01%), Phosphorus: 195.57mg (19.56%), Selenium: 10.86µg (15.52%), Manganese: 0.26mg (13.05%), Vitamin B1: 0.19mg (12.62%), Vitamin B3: 2.36mg (11.79%), Vitamin C: 9.68mg (11.74%), Vitamin B2: 0.19mg (11.33%), Vitamin A: 556.16IU (11.12%), Folate: 41.53µg (10.38%), Vitamin K: 9.92µg (9.44%), Potassium: 295.72mg (8.45%), Zinc: 1.26mg (8.38%), Copper: 0.15mg

(7.58%), Fiber: 1.66g (6.63%), Iron: 1.16mg (6.44%), Vitamin B6: 0.11mg (5.68%), Magnesium: 22.51mg (5.63%),
Vitamin B12: 0.29µg (4.88%), Vitamin B5: 0.36mg (3.6%), Vitamin E: 0.26mg (1.75%)