



Stuffed Portobello Mushrooms

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 green onions thinly sliced
- ☐ 2 cups cheese blend shredded italian divided
- ☐ 2 tablespoons olive oil
- ☐ 9.6 ounce original pork sausage crumbles hearty jimmy dean®
- ☐ 12 medium portobello mushroom caps
- ☐ 0.5 cup ricotta cheese
- ☐ 3 tablespoons sun-dried tomatoes finely chopped

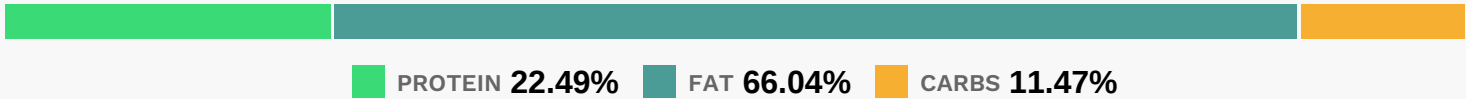
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Combine sausage, 1 cup shredded cheese, ricotta cheese, onions and tomatoes in large bowl.
- ☐ Brush tops of mushroom caps with oil; place, top-sides down, in shallow baking pan.
- ☐ Top with sausage mixture.
- ☐ Drizzle with vinegar, if desired.
- ☐ Sprinkle with remaining shredded cheese.
- ☐ Bake 10-12 minutes or until mushrooms are tender.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:0.62, Inflammation Score:-2, Nutrition Score:8.0913043125816%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 193.34kcal (9.67%), Fat: 14.69g (22.6%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 4.45g (1.62%), Sugar: 3.24g (3.6%), Cholesterol: 25.33mg (8.44%), Sodium: 198.57mg (8.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.51%), Vitamin B3: 4.98mg (24.88%), Selenium: 17.2µg (24.58%), Phosphorus: 143.61mg (14.36%), Copper: 0.28mg (13.89%), Potassium: 425.75mg (12.16%), Vitamin B5: 1.16mg (11.59%), Vitamin B6: 0.2mg (10.18%), Vitamin B2: 0.16mg (9.69%), Vitamin B1: 0.12mg (8.06%), Zinc: 1.09mg (7.29%), Folate: 27.12µg (6.78%), Calcium: 67.2mg (6.72%), Vitamin K: 6.29µg (5.99%), Fiber: 1.3g (5.19%), Manganese: 0.09mg (4.56%), Vitamin B12: 0.27µg (4.5%), Iron: 0.74mg (4.09%), Vitamin D: 0.57µg (3.78%), Vitamin

E: 0.42mg (2.79%), Magnesium: 7.62mg (1.9%), Vitamin A: 93.86IU (1.88%), Vitamin C: 1.02mg (1.24%)