



Stuffed Portobello Mushrooms

READY IN



50 min.

SERVINGS



2

CALORIES



797 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup beef stock
- ☐ 0.5 cup breadcrumbs
- ☐ 2 tablespoons sauerkraut brine
- ☐ 1 pinch cayenne
- ☐ 4 ounces cream cheese
- ☐ 3 cloves garlic minced
- ☐ 8 ounces ground beef
- ☐ 1 cup mushrooms mixed chopped
- ☐ 2 tablespoons olive oil plus more for drizzling

- ☐ 2 portabello mushrooms stemmed
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 0.3 cup sauerkraut
- ☐ 0.5 shallots minced

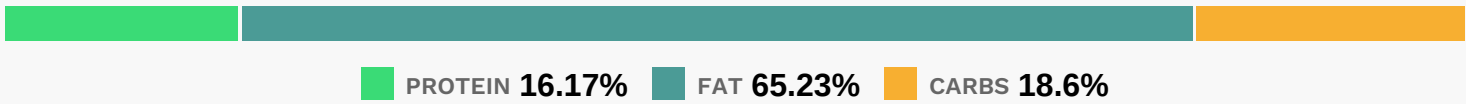
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler

Directions

- ☐ Heat a skillet over medium heat and add the olive oil.
- ☐ Add the garlic and shallots to the skillet and saute until softened.
- ☐ Add the ground beef and cook until browned, stirring occasionally.
- ☐ Add the stock and simmer until the liquid is reduced.
- ☐ Add the chopped mushrooms and cook until softened.
- ☐ Add 1 tablespoon salt, 1/2 teaspoon pepper, cayenne, sauerkraut and brine. Cook until all liquid is absorbed. Stir in all the cream cheese except 1 tablespoon.
- ☐ Preheat the broiler.
- ☐ Drizzle the mushroom caps with olive oil and stuff with the beef mixture.
- ☐ In a small bowl, combine the breadcrumbs, the remaining cream cheese and some salt and pepper. Divide the breadcrumb topping over the stuffed mushrooms and broil until bubbly, 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:107.5, Glycemic Load:3.17, Inflammation Score:-7, Nutrition Score:31.942608356476%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 796.58kcal (39.83%), Fat: 58.58g (90.13%), Saturated Fat: 22.5g (140.6%), Carbohydrates: 37.6g (12.53%), Net Carbohydrates: 31.62g (11.5%), Sugar: 9.78g (10.86%), Cholesterol: 137.78mg (45.93%), Sodium: 1143.24mg (49.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.34%), Vitamin B3: 15.39mg (76.95%), Selenium: 52.3µg (74.72%), Phosphorus: 534.76mg (53.48%), Vitamin B6: 1.02mg (51.05%), Vitamin B2: 0.83mg (48.64%), Zinc: 7.24mg (48.26%), Vitamin B12: 2.69µg (44.8%), Vitamin B5: 3.76mg (37.57%), Potassium: 1265.79mg (36.17%), Manganese: 0.72mg (35.88%), Copper: 0.62mg (30.82%), Vitamin B1: 0.43mg (28.4%), Iron: 4.96mg (27.54%), Fiber: 5.98g (23.92%), Folate: 87.93µg (21.98%), Vitamin E: 3.06mg (20.4%), Magnesium: 67.78mg (16.95%), Vitamin A: 786.67IU (15.73%), Vitamin K: 16.14µg (15.37%), Calcium: 150.84mg (15.08%), Vitamin C: 4.55mg (5.52%), Vitamin D: 0.82µg (5.45%)