



WHATSheATE

the

5

factor

world diet

WEIGHT-LOSS SECRETS  
FROM THE HEALTHIEST  
NATIONS ON THE PLANET  
—UNLOCKED!



HEALTH SCORE

52%

## Stuffed Portobello Mushrooms



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



144 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.5 cup cannellini beans white drained and rinsed canned
- ☐ 1 leek light white green rinsed thinly sliced ( and parts only)
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 2 portabello mushrooms
- ☐ 2 servings salt and pepper black
- ☐ 2 cups pkt spinach

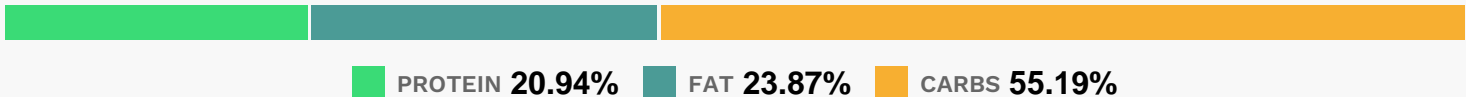
# Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat the oven to 450°F. Set the mushrooms gill side up on a rimmed baking sheet.
- ☐ Drizzle with the oil and vinegar and season with salt and pepper.
- ☐ Bake for 15 minutes.
- ☐ Meanwhile, coat a large nonstick skillet with cooking spray; place over medium heat.
- ☐ Add the leek; cook for 5 minutes, stirring.
- ☐ Add the spinach a handful at a time, stirring constantly, until it cooks down. Stir in the beans and salt and pepper to taste; cook for 1 minute to combine the flavors.
- ☐ Fill the mushroom cavities with the spinach mixture.
- ☐ Sprinkle with the cheese.
- ☐ Bake for 10 minutes, until the mushrooms are warmed through and the cheese is melted.
- ☐ Serve.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ The 5-Factor World Diet by Harley Pasternak, M.Sc. and Laura Moser. Copyright © 2010 by Harley Pasternak, M.Sc. and Laura Moser. Published by Ballantine Books. All Right Reserved.Harley Pasternak, M.Sc., has appeared on The Oprah Winfrey Show, The Tyra Banks Show, Access Hollywood, Extra, VH1, E!, and many times on the Today Show. He holds a Masters of Science in exercise physiology and nutritional sciences and an honors degree in kinesiology. He is also certified by the American College of Sports Medicine and the Canadian Society of Exercise Physiology. He lives in Los Angeles, California.

# Nutrition Facts



## Properties

Glycemic Index:72.5, Glycemic Load:4.39, Inflammation Score:-10, Nutrition Score:22.363912903744%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

## Nutrients (% of daily need)

Calories: 144.47kcal (7.22%), Fat: 4.07g (6.27%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 16.49g (6%), Sugar: 4.47g (4.97%), Cholesterol: 4.35mg (1.45%), Sodium: 324.3mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Vitamin K: 168.4µg (160.38%), Vitamin A: 3598.17IU (71.96%), Manganese: 0.78mg (38.98%), Folate: 139.59µg (34.9%), Selenium: 18.84µg (26.91%), Copper: 0.44mg (21.96%), Potassium: 768.48mg (21.96%), Vitamin B3: 4.22mg (21.12%), Phosphorus: 193.89mg (19.39%), Iron: 3.4mg (18.88%), Fiber: 4.7g (18.8%), Vitamin C: 13.77mg (16.69%), Vitamin B6: 0.32mg (16.21%), Magnesium: 61.04mg (15.26%), Calcium: 136.16mg (13.62%), Vitamin B2: 0.21mg (12.53%), Vitamin B5: 1.14mg (11.38%), Vitamin E: 1.7mg (11.35%), Vitamin B1: 0.14mg (9.6%), Zinc: 1.38mg (9.19%), Vitamin D: 0.28µg (1.85%), Vitamin B12: 0.11µg (1.83%)