



## Stuffed Portobello Mushrooms

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**12**

CALORIES



**190 kcal**

**SIDE DISH**

### Ingredients

- 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:9.75, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:8.0517391277396%

## 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: 189.82kcal (9.49%), Fat: 14.69g (22.6%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 3.76g (1.37%), Sugar: 2.64g (2.94%), Cholesterol: 25.33mg (8.44%), Sodium: 197.65mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.48%), Vitamin B3: 4.98mg (24.88%), Selenium: 17.2µg (24.58%), Phosphorus: 142.85mg (14.29%), Copper: 0.28mg (13.84%), Potassium: 421.27mg (12.04%), 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 (7.27%), Folate: 27.12µg (6.78%), Calcium: 66.12mg (6.61%), Vitamin K: 6.29µg (5.99%), Fiber: 1.3g (5.19%), Vitamin B12: 0.27µg (4.5%), Manganese: 0.09mg (4.3%), Iron: 0.71mg (3.93%), Vitamin D: 0.57µg (3.78%), Vitamin E: 0.42mg (2.79%), Vitamin A: 93.86IU (1.88%), Magnesium: 7.14mg (1.78%), Vitamin C: 1.02mg (1.24%)