



Stuffed Portobello Mushrooms with Olives and Caramelized Onions

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup cooking wine dry red
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 2 teaspoons thyme leaves fresh divided finely chopped
- ☐ 0.8 cup kalamata olives pitted chopped
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 teaspoons olive oil

- ☐ 1.5 ounces parmesan cheese fresh grated
- ☐ 16 inch portobello mushroom caps
- ☐ 0.5 teaspoon sea salt
- ☐ 4 cups vidalia sweet finely chopped
- ☐ 3 ounce bread white

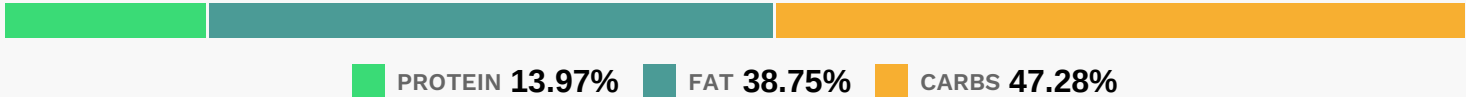
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350
- ☐ Remove stem and brown gills from undersides of mushrooms using a spoon; discard gills.
- ☐ Place mushrooms, stem side down, on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 10 minutes; cool mushrooms on wire rack.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 12 minutes. Stir in wine, vinegar, 1 teaspoon thyme, and salt; bring to a boil. Cover, reduce heat, and simmer 25 minutes. Uncover and increase heat to medium-high; cook 5 minutes or until liquid evaporates. Stir in olives, rind, and pepper.
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 1/2 cups.
- ☐ Combine 1 teaspoon thyme, crumbs, cheese, and parsley. Spoon 1/2 cup olive mixture into each mushroom; top with about 3/4 cup cheese mixture.
- ☐ Bake at 350 for 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:65.19, Glycemic Load:7.99, Inflammation Score:-9, Nutrition Score:12.674347797166%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 2.46mg, Myricetin: 2.46mg, Myricetin: 2.46mg, Myricetin: 2.46mg Quercetin: 23.42mg, Quercetin: 23.42mg, Quercetin: 23.42mg, Quercetin: 23.42mg

Nutrients (% of daily need)

Calories: 238.23kcal (11.91%), Fat: 9.6g (14.77%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 23.11g (8.4%), Sugar: 10.29g (11.44%), Cholesterol: 7.23mg (2.41%), Sodium: 974.21mg (42.36%), Alcohol: 3.15g (100%), Alcohol %: 1.48% (100%), Protein: 7.79g (15.58%), Vitamin K: 63.97µg (60.92%), Calcium: 227.93mg (22.79%), Vitamin C: 14.91mg (18.08%), Folate: 70.99µg (17.75%), Phosphorus: 157.24mg (15.72%), Manganese: 0.3mg (15.09%), Selenium: 10.26µg (14.65%), Vitamin B6: 0.27mg (13.41%), Fiber: 3.24g (12.98%), Vitamin B1: 0.19mg (12.87%), Vitamin A: 548.66IU (10.97%), Iron: 1.84mg (10.22%), Copper: 0.19mg (9.67%), Vitamin E: 1.39mg (9.25%), Vitamin B3: 1.84mg (9.21%), Potassium: 306.56mg (8.76%), Vitamin B2: 0.14mg (8.37%), Magnesium: 31.85mg (7.96%), Zinc: 0.82mg (5.44%), Vitamin B5: 0.46mg (4.63%), Vitamin B12: 0.13µg (2.21%)