



 32%
HEALTH SCORE

Vegan Stuffed Portobello Mushroom over Quinoa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

SIDE DISH

Ingredients

- 4 servings quinoa cooked
- 4 large portabello mushrooms
- 1 package tofu frozen firm thawed (and)
- 0.5 tomatoes diced ()
- 1 cup pkt spinach fresh
- 0.3 onion diced red ()
- 4 cloves garlic minced ()

- 1.5 teaspoons oregano dried
- 1 teaspoon basil dried
- 1.5 tablespoons nutritional yeast
- 1 teaspoon juice of lemon
- 1 oz daiya vegan mozzarella "cheese"
- 4 servings olive oil
- 4 servings balsamic reduction
- 4 servings salt and pepper

Equipment

- frying pan
- oven
- baking pan

Directions

- Cook quinoa
- After the tofu has thawed, drain and squeeze the excess water off.
- Brush off portobello mushrooms and remove the stems.
- Make the marinade for the mushroom: 3 tablespoons of olive oil, 3 tablespoons of balsamic vinaigrette, salt, and pepper (just keep adding the salt little by little until the marinade tastes good to you).
- Heat 3 tablespoons of olive oil in a pan and add the onions, garlic, oregano, and basil. After you sweat the onions, add the tofu. Note: smash the tofu with your hands and place it into the pan. Keep stirring and cook on medium heat for about 15 to 20 minutes.
- Add Nutritional yeast, spinach, tomato, and lemon juice to the tofu. Cook for another minute then set aside.
- Dip the mushroom in the marinade and place on a baking pan (top side down).
- Stuff the mushrooms with the tofu and veggies.
- Top it off with vegan cheese.
- Preheat oven 370 degrees.

Bake stuffed mushrooms for 15 to 20 minutes.

Serve over quinoa.

Nutrition Facts

PROTEIN 17.24% **FAT 50.51%** **CARBS 32.25%**

Properties

Glycemic Index:50, Glycemic Load:9.91, Inflammation Score:-9, Nutrition Score:18.405652173913%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 385.71kcal (19.29%), Fat: 22.18g (34.12%), Saturated Fat: 3.23g (20.16%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 25.5g (9.27%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 290.8mg (12.64%), Protein: 17.03g (34.06%), Vitamin K: 54.9µg (52.28%), Manganese: 0.85mg (42.4%), Selenium: 18.79µg (26.85%), Fiber: 6.37g (25.48%), Phosphorus: 247.16mg (24.72%), Copper: 0.46mg (22.93%), Iron: 3.98mg (22.09%), Vitamin B3: 4.38mg (21.89%), Folate: 83.43µg (20.86%), Vitamin E: 3.02mg (20.13%), Potassium: 638.96mg (18.26%), Calcium: 180.63mg (18.06%), Magnesium: 72.14mg (18.03%), Vitamin A: 851.07IU (17.02%), Vitamin B6: 0.32mg (16.11%), Vitamin B2: 0.24mg (14.14%), Vitamin B1: 0.17mg (11.4%), Zinc: 1.6mg (10.7%), Vitamin B5: 1.01mg (10.13%), Vitamin C: 6.16mg (7.47%), Vitamin D: 0.25µg (1.68%)