



Vegetarian Stuffed Mushrooms

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.3 teaspoon coarse salt
- ☐ 4 ounces fontina shredded
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup kalamata olives chopped
- ☐ 2 teaspoons olive oil
- ☐ 4 large portabello mushrooms

- ☐ 1.5 cups tomatoes chopped
- ☐ 1 cup bread crumbs fresh

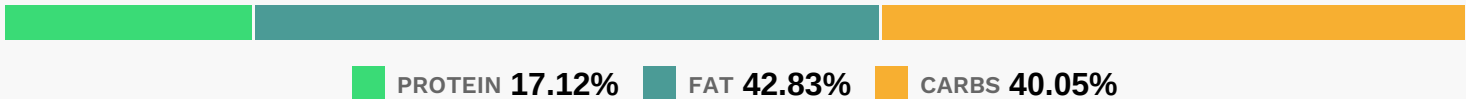
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place mushroom caps, gill sides up, on a rimmed baking sheet; drizzle with oil and vinegar, and season with salt and 1/4 teaspoon pepper.
- ☐ Bake until caps are just tender, about 10 minutes.
- ☐ Meanwhile, combine tomato, olives, breadcrumbs, cheese, and chives in a medium bowl. Season with remaining 1/4 teaspoon pepper.
- ☐ Divide tomato mixture evenly (about 1/2 cup per mushroom) among portobello caps.
- ☐ Bake 10–12 minutes or until lightly browned and mushrooms are tender.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:1.25, Inflammation Score:-6, Nutrition Score:12.396086910497%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 261.82kcal (13.09%), Fat: 13.87g (21.34%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 24.23g (8.81%), Sugar: 5.91g (6.57%), Cholesterol: 32.89mg (10.96%), Sodium: 703.54mg (30.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.47g (24.94%), Selenium: 19.87µg (28.39%), Vitamin B3: 4.2mg (20.98%), Phosphorus: 205.65mg (20.57%), Fiber: 4.96g (19.83%), Vitamin C: 14.51mg (17.58%), Vitamin A: 878.67IU (17.57%), Calcium: 175.02mg (17.5%), Copper: 0.3mg (15.14%), Iron: 2.54mg (14.12%), Potassium: 478.55mg (13.67%), Vitamin K: 12.25µg (11.66%), Vitamin B5: 1.14mg (11.43%), Vitamin B2: 0.18mg (10.69%), Zinc: 1.56mg (10.39%), Vitamin B6: 0.2mg (10.01%), Folate: 36.61µg (9.15%), Manganese: 0.18mg (8.75%), Vitamin B12: 0.52µg (8.64%), Vitamin E: 1.12mg (7.46%), Vitamin B1: 0.08mg (5.38%), Magnesium: 13.55mg (3.39%), Vitamin D: 0.42µg (2.81%)