



Yukon Gold-Stuffed Portobellos



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup milk fat-free
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 1 tablespoon butter light
- ☐ 20 inch portobello mushroom caps

- ☐ 3 ounce provolone cheese
- ☐ 0.1 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 1.8 pounds yukon gold potatoes peeled cut into 1-inch pieces

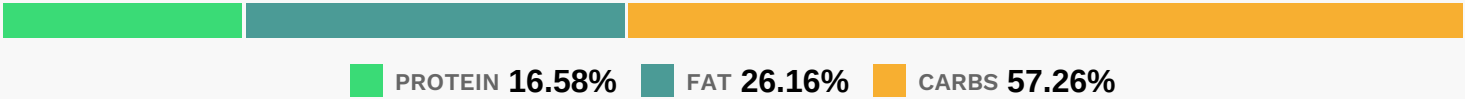
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ potato masher

Directions

- ☐ Preheat oven to 45
- ☐ Place potato in a saucepan; add water to cover. Bring to boil: cover, reduce heat, and simmer 20 minutes or until tender.
- ☐ Drain.
- ☐ Remove brown gills from undersides of mushrooms using a sharp knife, if desired.
- ☐ Place mushroom caps on a jelly-roll pan, stem side down. Coat with cooking spray; sprinkle with 1/8 teaspoon each salt and pepper.
- ☐ Bake at 450 for 15 minutes, turning once.
- ☐ Heat saucepan over medium heat until hot.
- ☐ Add butter and garlic; saut 1 minute.
- ☐ Add milk, 3/4 teaspoon salt, and 1/4 teaspoon pepper; stir well. Return potato to saucepan; mash with a potato masher. Spoon 1 cup mashed potato onto each mushroom cap. Top each with
- ☐ slice cheese; sprinkle with onions.
- ☐ Bake at 450 for 8 to 10 minutes or until cheese melts.
- ☐ Sprinkle with pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:26.41, Inflammation Score:-6, Nutrition Score:15.633478325346%

Flavonoids

Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 265.3kcal (13.26%), Fat: 7.87g (12.1%), Saturated Fat: 4.92g (30.75%), Carbohydrates: 38.75g (12.92%), Net Carbohydrates: 33.92g (12.33%), Sugar: 3.71g (4.12%), Cholesterol: 19.3mg (6.43%), Sodium: 691.71mg (30.07%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 11.22g (22.44%), Vitamin C: 41.21mg (49.95%), Vitamin B6: 0.68mg (33.98%), Potassium: 997.86mg (28.51%), Phosphorus: 273.61mg (27.36%), Calcium: 238.56mg (23.86%), Manganese: 0.41mg (20.68%), Fiber: 4.83g (19.32%), Vitamin K: 17.87µg (17.01%), Magnesium: 57.95mg (14.49%), Vitamin B3: 2.79mg (13.95%), Copper: 0.28mg (13.76%), Vitamin B1: 0.2mg (13.17%), Vitamin B2: 0.2mg (11.74%), Iron: 1.91mg (10.62%), Folate: 42.22µg (10.56%), Zinc: 1.54mg (10.27%), Selenium: 7.17µg (10.24%), Vitamin B5: 0.97mg (9.69%), Vitamin B12: 0.5µg (8.32%), Vitamin A: 377.14IU (7.54%), Vitamin D: 0.52µg (3.44%), Vitamin E: 0.17mg (1.11%)