Baked Mushroom Parmesan

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 10 minutes
Cooking Time: 10 minutes
Serves: 4
Average cost per serving: $2.78

4 large Portabella mushrooms
2 tablespoons olive oil
1 cup tomato pasta sauce, divided
4 fresh basil leaves, thinly sliced
1/4 teaspoon crushed red peppers flakes
1 cup (4 ounces) shredded part skim mozzarella cheese
1/4 cup (1 ounce) grated parmesan cheese

Heat oven to broil, with top rack about 4" from broiler. Brush both sides of mushrooms with oil. Place mushrooms, gill side down, in a 9 inch baking dish. Broil for 4 minutes, remove and turn gill side up, broil 4 minutes.

Remove mushrooms from baking dish, drain excess liquid. Reduce oven to 400 degrees.

Spread 1/2 cup pasta sauce on bottom of baking dish, then place mushrooms, gill side up. Sprinkle with basil, red pepper flakes and the remainder of the pasta sauce. Top with mozzarella cheese and parmesan; bake 5-10 minutes, until the cheese begins to brown. Remove and serve.

Nutrition Facts

Serving Size (206g)
Servings Per Container

Amount Per Serving

Calories 230	Calories from Fat 140
	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 520mg	**22%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 13g	

Vitamin A 10% • Vitamin C 4%
Calcium 30% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4