Grilled Portabella Caps Stuffed with Herb Cheese

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 2 minutes
Cooking Time: 13 minutes
Serves: 4
Average cost per serving: $3.00

4 Portabella mushrooms, stems removed
1 tablespoon olive oil
2 Roma tomatoes, diced
1 cup baby spinach, rough chopped
1/2 cup spreadable reduced fat herb cheese
1/3 cup buttery crackers, lightly crushed

Heat grill to 400°. Brush both sides of mushrooms with oil. Mix tomatoes and spinach with the herb cheese. Spread the gill side of each mushroom with 2 tablespoons of herb cheese mixture. Sprinkle each mushroom with buttery cracker crumbs.

Place mushrooms, gill side up, on grill. Close cover and cook 13 minutes.

For a more quiche-like consistency, cook 2 minutes more.

Nutrition Facts

Serving Size (172g)
Servings Per Container

Amount Per Serving

Calories 210	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 460mg	**19%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 7g	

Vitamin A 25% • Vitamin C 10%
Calcium 10% • Iron 10%

*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

Each serving provides: 210 calories, 9g fat (14% Daily Value), 2g saturated fat (10% Daily Value), 10mg cholesterol (3% Daily Value), 460mg sodium (19% Daily Value), 2g dietary fiber (8% Daily Value), 7g protein, 25% Daily Value for vitamin A, 10% Daily Value for iron, 10% Daily Value for vitamin C, 10% Daily Value for calcium, 3% Daily Value for vitamin D, 15% Daily Value for potassium, 16% Daily Value for selenium