

# Brazilian Portabellas

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-mushroom-recipe>

## Ingredients:

- 1 teaspoon ground cumin
- 1 teaspoon ground cayenne pepper
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1 teaspoon chipotle chile ground
- 1/2 teaspoon salt
- 4 portabella mushrooms cleaned and patted dry
- 4 tablespoons olive oil
- 1 cup chopped onion
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 14 1/2 ounces petite diced tomatoes fire roasted
- 1 can coconut milk

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 15 grams
3. Fat: 38 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 23 grams
7. Sodium: 320 milligrams
8. Sugar: 7 grams

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