

# Stuffed Portobello Mushrooms

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-portobello-recipe>

## Ingredients:

- 2 portobello mushrooms
- balsamic vinegar
- 1 tablespoon olive oil
- 2 cloves garlic minced
- 1/4 onion chopped
- 1 yellow pepper roasted and chopped
- 2 Roma tomatoes chopped
- 2 cups fresh spinach
- 1/4 cup breadcrumbs
- italian seasoning I use a blend from Emeril
- mozzarella cheese

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 13 grams
3. Fat: 3.5 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 65 milligrams
8. Sugar: 4 grams

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