

Italian Portobello "Pizza"

Yield: 1 min
Total Time: 25 min

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

Ingredients:

- 1 portobello mushroom
- garlic powder
- salt
- pepper
- pizza sauce
- ricotta cheese
- red onion
- deli meat italian
- Parmesan cheese

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 10 milligrams
4. Fat: 5 grams
5. Fiber: 6 grams
6. Protein: 11 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1130 milligrams
9. Sugar: 6 grams

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