

Stuffed Portobello Mushroom

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/stuffed-portobello-mushroom-christmas-recipe>

Ingredients:

- 4 pieces portobello mushroom
- 1 cup mozzarella cheese grated
- 300 grams ground beef
- 1 onion chopped
- 2 tablespoons olive oil
- 1 cup spinach leaves chopped
- 1/2 cup fresh basil chopped
- 1/4 cup tomato sauce
- salt
- pepper

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 75 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 9 grams
8. Sodium: 490 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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