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Portobello Mushroom Caps and Veggies

This recipe features delicious Portobello mushroom caps filled with a variety of vegetables. It is a vegetarian dish that can be enjoyed as a main course or a side dish. The mushrooms are grilled to perfection, giving them a smoky flavor that pairs well with the fresh and colorful veggies. It's a healthy and flavorful option for any meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	portobello mushroom caps
150 g	Red Bell Pepper
150 g	yellow bell pepper
200 g	zucchini

100 g	red onion
2 tbsp	olive oil
2 tbsp	balsamic vinegar
1 tsp	garlic powder
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Grilling

Preheat the grill to medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Clean the Portobello mushroom caps and remove the stems.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, mix olive oil, balsamic vinegar, garlic powder, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Resting

Brush the mushroom caps with the mixture and let them marinate for 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 5

Cutting

Meanwhile, slice the bell peppers, zucchini, and red onion into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Grilling

Grill the mushroom caps for 5 minutes on each side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Grilling

In a grill basket, cook the sliced vegetables for 5-7 minutes until tender.

Prep Time: 0 mins

Cook Time: 7 mins

Step 8

Plating

Serve the grilled mushroom caps topped with the grilled vegetables.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 5 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring

Summer

Events

Christmas

Picnic

Cuisines

Italian

Indian

Thai

Mediterranean

Greek

American

Nutritional Content

Low Calorie

Low Fat

Low Sodium

High Vitamin C

High Iron

Kitchen Tools

Blender

Oven

Microwave

Slow Cooker

Course

Salads

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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