

Recipe Name: Four Cheese and Spinach Stuffed Mushrooms Recipe

Diet Type: Vegetarian

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 12 Button mushrooms - (button or crimini variety) • 2 teaspoon Extra Virgin Olive Oil - for cooking • 1/2 cup Onions - finely chopped • 2 tablespoon Garlic - finely grated • 2 cup Spinach Leaves (Palak) - roughly chopped • 1/2 teaspoon White pepper powder • 1/4 teaspoon Parsley leaves • 1/2 teaspoon Basil leaves • 1/2 teaspoon Black pepper powder • 1/4 teaspoon Salt • 1/2 teaspoon Garlic powder • 2 teaspoon Parmesan cheese - grated (reduced fat) • 1/2 cup Mascarpone Cheese • 1/4 cup Britannia Cream Cheese - (reduced fat or fat free) • 2 tablespoon Mozzarella cheese - shredded (part-skimmed)	4

Preparation

- To prepare Four Cheese and Spinach Stuffed Mushrooms, preheat Oven to 375 degrees Fahrenheit.
- Grease a Baking sheet with cooking oil spray.
- Keep it aside.
- Gently remove the stems of the mushrooms.
- Keep the caps and the stems separately aside.
- Wash and clean.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	18	8	24	2	2

