

Cheese-Stuffed Portobello Mushrooms

Hands-on 5 minutes Overall 25-30 minutes

Nutritional values per serving (2 mushrooms + fresh greens): Total carbs: 7.9 g,

Fiber: 2.3 g, **Net carbs: 5.5 g**, Protein: 14.3 g, Fat: 28.5 g, Calories: 334 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

4 Portobello mushrooms (300g / 10.6 oz)

1 cup crumbled blue cheese (100g / 3.5 oz)

fresh thyme

2 cups lettuce (56g / 2 oz)

2 tbsp [extra virgin olive oil](#)

salt to taste

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Clean the mushrooms and remove the stem. Season with salt to taste.
2. Chop the stems into small pieces and add fresh thyme leaves.
3. Fill each mushroom with crumbled blue cheese, chopped stems and thyme. Place in the oven for about 20-25 minutes.
4. Remove from the oven and place on a serving plate with fresh greens tossed with olive oil. Enjoy!

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