

# Italian-Style Baked Mushrooms

Hands-on 10 minutes Overall 30 minutes

**Nutritional values (per serving):** Total carbs: 9.7 g, Fiber: 3.8 g, **Net carbs: 5.9 g,**

Protein: 14.3 g, Fat: 16 g, Calories: 231 kcal,

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



## Ingredients (makes 4 servings)

- 4 Portobello mushrooms (500 g/ 1.1 lb)
- 1 large can tomatoes, unsweetened (400 g/ 14.1 oz)
- 1 1/3 cups grated parmesan cheese *or* other Italian hard cheese (120 g/ 4.2 oz)
- 2 tbsp [ghee](#) *or* duck fat (30 g/ 1.1 oz)
- 2 tbsp basil, fresh
- 1 tbsp parsley, fresh
- 1 tsp oregano, dried
- salt and pepper to taste

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## Instructions

1. Preheat the oven to 200 °C/ 400 °F. Clean and slice the mushrooms.
2. Heat the infused ghee (garlic-infused ghee works best) in a non-stick pan over medium heat. Add the sliced mushrooms, season with salt and pepper and cook for about 5 minutes.
3. Take from the heat and place the mushrooms in small baking trays.
4. Wash and chop the herbs.
5. In a medium bowl, mix the basil, parsley and canned tomatoes with the herbs and season with salt to taste.
6. Top with grated parmesan cheese and place in the preheated oven for 20-25 minutes.
7. When done, carefully remove from the oven and place on a cooling rack for a couple of minutes. Enjoy! :-)

## Suggestions

This recipe is suitable for vegetarians but if you want, you can add some bacon or chicken strips for extra protein when roasting the mushrooms.

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