

Keto Italian Cheese Stuffed Mushrooms

Hands-on 15 minutes Overall 30 minutes

Nutritional values (per serving, 2 mushrooms): Total carbs: 13.6 g, Fiber: 4.6 g,

Net carbs: 9.1 g, Protein: 22.6 g, Fat: 36.8 g, Calories: 432 kcal,

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



Ingredients (makes 4 servings)

- 8 Portobello mushrooms, stems and gills removed, stems retained (672 g/ 1.5 lb)
- 2 tbsp of butter, melted (30 ml)
- 1 cup cream cheese (240 g/ 8.5 oz)
- 1/4 cup ricotta (60 g/ 2.1 oz)
- 100 g goat's cheese (3.5 oz)
- 1/2 cup Parmesan, grated (45 g/ 1.6 oz)
- 1/2 tsp minced garlic
- 1 package (10 oz) of frozen spinach, drained and squeezed (280 g)
- 1/2 small red onion, finely chopped (30 g/ 1.1 oz)
- 1/4 cup grated cheddar cheese (28 g/ 1 oz)
- 2 tbsp red bell pepper, diced (19 g/ 0.7 oz)
- 1/8 tsp dried Italian herbs

Note: Instead of frozen spinach, you can use 1 bunch of fresh spinach or 1 bunch of fresh kale.

Instructions

1. Preheat the oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional). Pat mushroom caps very dry with a paper towel.
2. Brush melted butter all over the mushroom caps and place on a lined baking tray.
3. Finely chop the red onion and spinach or kale and mix in a bowl with the cream cheese, ricotta, goat's cheese, parmesan and garlic. Mix together well.
4. Spoon into the mushroom caps. Really fill the caps, the mixture won't run away so you can put a good pile of it in there.
5. Top with just a sprinkle of cheddar cheese and the diced red pepper.
6. Bake for 20 minutes until brown and bubbly. Serve with a sprinkle of fresh herbs of your choice. If you have any leftover filling, use it

to stuff chicken breasts...yum!

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