

Grilled Sirloin Portabella Mushrooms

1/2 pound sirloin beef, cut into thin short strips
4 Portabella mushrooms, gills and stems removed
1 tablespoon olive oil
1/2 teaspoon olive oil
1/2 cup low fat Colby-jack cheese, shredded
1 teaspoon Cajun seasoning
1 tablespoon fresh parsley, chopped

Clean mushrooms and remove gills; chop stems and save. Brush mushroom caps on both sides with olive oil and 1/2 teaspoon seasoning. In a preheated non-stick skillet or heavy skillet (cast iron), add 1/2 teaspoon of olive oil and heat until hot; stir fry chopped mushroom stems and sirloin strips on Medium-high heat until meat is no longer pink. Remove from heat; add remaining seasoning and cheese. Spoon equal amounts into mushroom caps. Grill on Medium-hot coals for 5 minutes or until mushrooms are soft.

Servings: 4

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	210.79
Calories From Fat (49%)	103.63
% Daily Value	
Total Fat 11.62g	18%
Saturated Fat 3.76g	19%
Cholesterol 26.21mg	9%
Sodium 180.54mg	8%
Potassium 974.66mg	28%
Carbohydrates 9.00g	3%
Dietary Fiber 2.57g	10%
Sugar 2.98g	
Sugar Alcohols 0.00g	
Net Carbohydrates 6.43g	
Protein 19.31g	39%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1/2 pound sirloin beef, cut into thin short strips	0.50 x 1 lb of Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw
4 Portabella mushrooms, gills and stems removed	4 x 1 mushroom of Mushrooms, portabella, raw
1 tablespoon olive oil	1 x 1 tablespoon of Oil, olive, salad or cooking
1/2 teaspoon olive oil	0.50 x 1 teaspoon of Oil, olive, salad or cooking
1/2 cup low fat Colby-jack cheese, shredded	0.50 x 1 cup, shredded of Cheese, low fat, cheddar or colby
1 teaspoon Cajun seasoning	1 x 1 teaspoon of Spices, creole seasoning
1 tablespoon fresh parsley, chopped	1 x 1 tablespoon of Parsley, raw

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