

Air Fryer Italian Stuffed Portobello Mushroom Caps

Oshkosh Community YMCA

No pots, no pans, no oven necessary for this Air Fryer Mushroom recipe. Pork rind breadcrumbs, gooey cheese and mouth-watering Portobello mushrooms... makes this a perfect appetizer for those family gatherings or a savory side dish.

INGREDIENTS:

- 4 4 inch Portobello Mushroom caps, stems and gills removed
- 4 Tablespoons avocado oil
- 4 Tablespoons Balsamic vinegar
- kosher salt and pepper
- 1 Cup Shredded Mozzarella Cheese
- 1 Cup Crushed pork rinds
- 1 Cup Shredded Parmesan Cheese
- ½ Tablespoon Italian seasoning
- 2 Tablespoons Melted Butter



INSTRUCTIONS:

1. Pre-heat the air fryer to 400F.
2. Brush the inside of each mushroom cap with avocado oil and balsamic vinegar.
3. Season the inside of each with salt and pepper.
4. Sprinkle the mozzarella cheese in the center of the mushroom caps.
5. In a large mixing bowl, combine the pork rinds, parmesan, Italian seasoning and melted butter.
6. Spoon the pork rind mixture evenly into the mushroom caps.

7. Spray the inside of the air fryer with cooking spray and place the mushrooms in the air fryer, 2 at a time (unless all 4 will fit) and cook for 12 minutes or until the tops are brown and crisp and the mushrooms are tender.
8. Serve!

Nutrition per serving

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 215 g		Total Fat 50.9g	78%	Total Carbohydrates 12g	4%
1 serving (7.6 oz)		Saturated 17.1g	86%	Dietary Fiber 3g	10%
Calories 589		Trans Fat 0.4g		Sugars 5g	
From fat 454		Cholesterol 64mg	21%	Protein 22g	44%
<i>HappyForks.com</i>		Sodium 930mg	39%		
		Calcium 50% • Iron 6%		Vitamin A 11% • Vitamin C 0%	
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.