



## Alouette® Stuffed Mushroom Caps

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 tablespoons seasoned bread crumbs
- 18 mushroom caps
- 6.5 oz pkt spinach

### Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 375 F.
- Place mushroom caps hollow side up on baking sheet. Fill each cap with 1 tsp. Alouette Garlic & Herbs
- Spreadable Cheese and sprinkle with seasoned bread crumbs.
- Bake 12–15 minutes.
- Garnish and serve.

## Nutrition Facts

**PROTEIN 22.42%** **FAT 11.97%** **CARBS 65.61%**

## Properties

Glycemic Index:8, Glycemic Load:0.54, Inflammation Score:-9, Nutrition Score:11.34347826087%

## Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Taste

Sweetness: 21.19%, Saltiness: 100%, Sourness: 22.84%, Bitterness: 33.68%, Savoriness: 80.44%, Fattiness: 58.57%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 30.37kcal (1.52%), Fat: 0.45g (0.69%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 4.07g (1.48%), Sugar: 1.06g (1.18%), Cholesterol: 0.04mg (0.01%), Sodium: 71.13mg (3.09%), Protein: 1.89g (3.79%), Vitamin K: 112.98µg (107.6%), Vitamin A: 2167.13IU (43.34%), Manganese: 0.32mg (15.8%), Folate: 53.24µg (13.31%), Vitamin B3: 1.62mg (8.1%), Vitamin C: 6.57mg (7.97%), Vitamin B2: 0.13mg (7.5%), Vitamin B6: 0.14mg (7.18%), Potassium: 232.95mg (6.66%), Magnesium: 26.22mg (6.56%), Fiber: 1.48g (5.91%), Phosphorus: 53.2mg (5.32%), Iron: 0.94mg (5.21%), Vitamin B5: 0.51mg (5.11%), Selenium: 2.95µg (4.22%), Copper: 0.08mg (4.19%), Vitamin B1: 0.06mg (3.92%), Zinc: 0.5mg (3.33%), Vitamin E: 0.48mg (3.18%), Calcium: 30.26mg (3.03%)