

# Bacon and Cheddar Stuffed Mushrooms

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 slices bacon
- 1 tablespoon butter
- 8 crimini mushrooms
- 1 tablespoon onion chopped
- 0.8 cup cheddar cheese shredded

## Equipment

- bowl
- frying pan

sauce pan

oven

## Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.

Drain, dice and set aside.

Preheat oven to 400 degrees F (200 degrees C).

Remove mushroom stems. Set aside caps. Chop the stems.

In a large saucepan over medium heat, melt the butter. Slowly cook and stir the chopped stems and onion until the onion is soft.

Remove from heat.

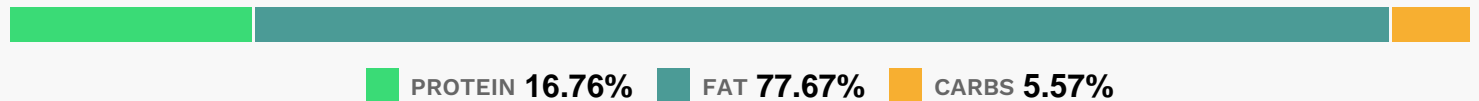
In a medium bowl, stir together the mushroom stem mixture, bacon and 1/2 cup Cheddar.

Mix well and scoop the mixture into the mushroom caps.

Bake in the preheated oven 15 minutes, or until the cheese has melted.

Remove the mushrooms from the oven, and sprinkle with the remaining cheese.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:3.5913043559893%

## Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 95.07kcal (4.75%), Fat: 8.32g (12.8%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.43g (0.48%), Cholesterol: 19.8mg (6.6%), Sodium: 136.4mg (5.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Selenium: 9.88µg (14.11%), Vitamin B2: 0.15mg (8.96%), Phosphorus: 85.18mg (8.52%), Calcium: 79.62mg (7.96%), Vitamin B3: 1.1mg (5.5%), Copper: 0.11mg (5.37%), Zinc: 0.71mg (4.73%), Vitamin B5: 0.39mg (3.93%), Potassium: 116.34mg (3.32%), Vitamin A: 152.96IU (3.06%), Vitamin B1:

0.05mg (3.03%), Vitamin B12: 0.18µg (2.94%), Vitamin B6: 0.05mg (2.64%), Folate: 7.51µg (1.88%), Manganese:  
0.03mg (1.6%), Magnesium: 5.81mg (1.45%), Vitamin E: 0.16mg (1.05%)