



Bacon Cornbread Stuffed Mushrooms

READY IN



45 min.

SERVINGS



36

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 ounce baby portobello mushrooms
- 4 slices bacon
- 36 servings corn muffin tops from chili topped cornbread bites recipe leftover crumbled
- 0.3 cup cream cheese at room temperature
- 0.5 medium onion chopped
- 2 teaspoons rosemary leaves finely chopped
- 36 servings salt and pepper black freshly ground

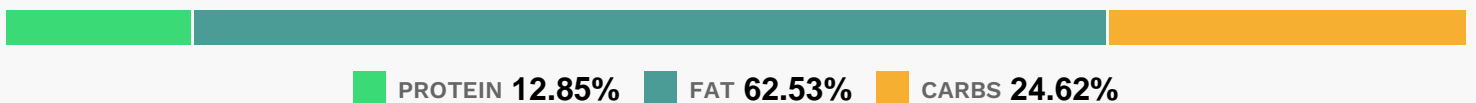
Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven

Directions

- Preheat oven to 350 degrees F.
- Remove the stems from the mushroom caps and reserve the stems for the (Round 2 Bacon Mushroom Quiche).
- In a skillet, over medium heat, add the bacon and cook until crisp.
- Remove from the pan and set aside on a brown paper bag or paper towels to drain.
- In the same skillet, add the onions and saute until translucent. Stir in the rosemary, and salt and pepper, to taste, and cook for 2 minutes.
- In a small bowl combine the cream cheese with the leftover crumbled corn muffin tops. Stir in the sauteed onion. Finely chop the reserved cooked bacon and stir into cornbread mixture. If the mixture is too dry add a few tablespoons of warm water. Spoon the filling mixture into each mushroom cap. Arrange on a baking sheet and bake until golden brown and crisp on top, about 15 to 20 minutes.
- Transfer to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.400434770014%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 26.08kcal (1.3%), Fat: 1.88g (2.89%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.74g (0.82%), Cholesterol: 3.76mg (1.25%), Sodium: 32.45mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Selenium: 3.67µg (5.24%), Vitamin B3: 0.84mg (4.22%), Phosphorus: 28.27mg (2.83%), Copper: 0.05mg (2.46%), Vitamin B5: 0.21mg (2.13%), Potassium: 69.69mg (1.99%), Vitamin B2: 0.03mg (1.8%), Vitamin B6: 0.03mg (1.72%), Manganese: 0.03mg (1.47%), Folate: 5.85µg (1.46%), Vitamin B1: 0.02mg (1.44%), Fiber: 0.32g (1.29%)