



Bacon-Crab Mushroom Caps

 **Gluten Free**  **Popular**

READY IN



30 min.

SERVINGS



12

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz crab meat flaked drained canned
- 0.5 cup real mayo mayonnaise kraft
- 1.5 Tbsp parsley flakes
- 0.3 cup oscar mayer real bacon recipe pieces
- 0.5 cup sharp cheddar cheese shredded kraft
- 36 medium mushroom caps

Equipment

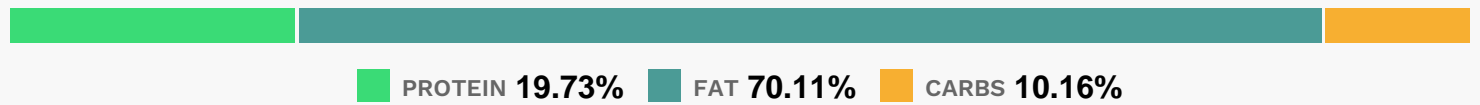
- baking sheet

oven

Directions

- Heat oven to 350F.
- Mix all ingredients except mushroom caps.
- Spoon evenly into mushroom caps.
- Place on baking sheet.
- Bake 8 to 10 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.63, Inflammation Score:-2, Nutrition Score:6.0800000040428%

Flavonoids

Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg

Nutrients (% of daily need)

Calories: 120.51kcal (6.03%), Fat: 9.58g (14.73%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.02g (0.73%), Sugar: 1.08g (1.2%), Cholesterol: 26.86mg (8.95%), Sodium: 268.71mg (11.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.13%), Vitamin K: 18.09µg (17.23%), Selenium: 10.05µg (14.36%), Phosphorus: 104.61mg (10.46%), Vitamin B3: 2.04mg (10.2%), Copper: 0.18mg (9%), Vitamin B12: 0.53µg (8.89%), Vitamin B5: 0.81mg (8.09%), Zinc: 1.17mg (7.8%), Vitamin B2: 0.13mg (7.74%), Vitamin B6: 0.15mg (7.55%), Manganese: 0.13mg (6.39%), Potassium: 175.25mg (5.01%), Calcium: 50.05mg (5.01%), Fiber: 1.1g (4.41%), Vitamin E: 0.62mg (4.13%), Magnesium: 15.67mg (3.92%), Folate: 14.5µg (3.63%), Iron: 0.31mg (1.75%), Vitamin D: 0.21µg (1.43%), Vitamin A: 57.41IU (1.15%)