



Bacon Stuffed Mushrooms

READY IN



80 min.

SERVINGS



36

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices bacon chopped
- 2 tablespoons bourbon
- 0.3 cup breadcrumbs
- 2.5 pounds button mushrooms fresh
- 8 ounce cream cheese softened
- 1 pinch salt and ground pepper
- 0.3 cup onion finely chopped
- 36 servings parmesan grated for topping

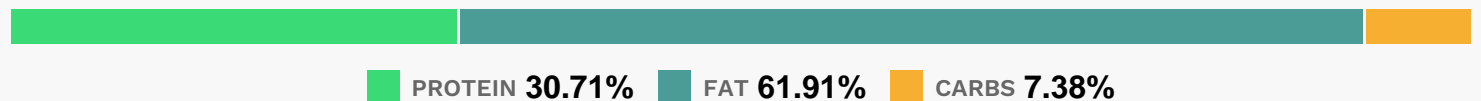
Equipment

- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Preheat the oven to 400 degrees F. Line a rimmed baking sheet with aluminum foil.
- In a large skillet, cook the onions and bacon over medium heat until crisp.
- Remove the mixture from the skillet and set aside. In the same skillet, add the bourbon and cream cheese and stir constantly until the cream cheese is melted and mixed with the bourbon.
- Add the onion and bacon mixture back into the skillet and mix together.
- Add the breadcrumbs, salt and pepper and mix together.
- Spoon the mixture into the mushroom caps and place on the prepared baking sheet.
- Bake until the mushrooms are tender, 25 to 35 minutes. Top with some Parmesan and put back into the oven to allow the cheese to melt.
- Remove from the oven and serve.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:0.61, Inflammation Score:-3, Nutrition Score:6.9043478447458%

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: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 164.66kcal (8.23%), Fat: 11.28g (17.35%), Saturated Fat: 6.63g (41.42%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.19g (1.33%), Cholesterol: 28.78mg (9.59%), Sodium: 527.73mg (22.94%), Alcohol: 0.28g (100%), Alcohol %: 0.48% (100%), Protein: 12.58g (25.17%), Calcium: 364.05mg (36.4%), Phosphorus: 248.03mg (24.8%), Selenium: 11.03µg (15.76%), Vitamin B2: 0.25mg (14.5%), Zinc: 1.07mg (7.13%), Vitamin B3: 1.4mg (6.99%), Vitamin B12: 0.4µg (6.74%), Vitamin B5: 0.67mg (6.66%), Vitamin A: 320.08IU (6.4%), Copper: 0.11mg (5.74%), Magnesium: 17.41mg (4.35%), Potassium: 145.28mg (4.15%), Vitamin B6: 0.07mg (3.7%), Vitamin B1: 0.05mg (3.66%), Iron: 0.46mg (2.57%), Folate: 9.04µg (2.26%), Manganese: 0.03mg (1.53%), Vitamin D: 0.23µg (1.5%), Fiber: 0.37g (1.47%)