



## Baked Mushroom Caps

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

### Ingredients

- 8 oz cream cheese
- 1.5 lbs mushrooms cleaned
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- 0.3 pkg the dressing
- 0.3 cup worcestershire sauce

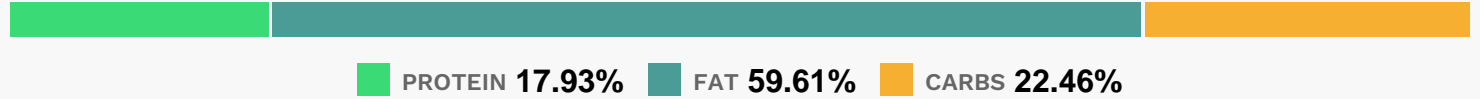
### Equipment

- oven

## Directions

- Fill sauteed caps with mixture of rest of ingredients and sprinkle generously with Parmesan cheese.
- Bake at 350 degrees for 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:3.31, Inflammation Score:-6, Nutrition Score:24.017826086957%

## Taste

Sweetness: 20%, Saltiness: 100%, Sourness: 28.18%, Bitterness: 34.4%, Savoriness: 75.64%, Fattiness: 57.9%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 286.78kcal (14.34%), Fat: 20.68g (31.82%), Saturated Fat: 11.63g (72.67%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 14.13g (5.14%), Sugar: 10.6g (11.78%), Cholesterol: 57.29mg (19.1%), Sodium: 419.01mg (18.22%), Protein: 14g (28%), Vitamin B2: 1.52mg (89.43%), Vitamin B3: 12.45mg (62.26%), Copper: 1.13mg (56.32%), Vitamin B5: 5.42mg (54.16%), Selenium: 36.6µg (52.29%), Potassium: 1294.18mg (36.98%), Phosphorus: 363.57mg (36.36%), Vitamin B1: 0.3mg (20.04%), Vitamin B6: 0.39mg (19.28%), Folate: 64.31µg (16.08%), Vitamin A: 775.09IU (15.5%), Iron: 2.67mg (14.86%), Zinc: 2.09mg (13.9%), Fiber: 3.4g (13.61%), Vitamin C: 9.38mg (11.37%), Magnesium: 37.96mg (9.49%), Calcium: 83.6mg (8.36%), Manganese: 0.17mg (8.31%), Vitamin D: 0.68µg (4.54%), Vitamin B12: 0.26µg (4.35%), Vitamin E: 0.54mg (3.58%), Vitamin K: 1.4µg (1.34%)