



Beef and Blue Cheese Stuffed Mushrooms

READY IN



50 min.

SERVINGS



36

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 3 tablespoons chives minced
- ☐ 36 small cremini mushrooms 1-
- ☐ 0.5 pound ground beef
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon steak seasoning blend
- ☐ 0.3 cup bread crumbs whole wheat soft

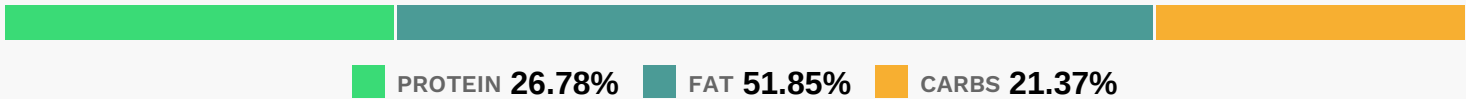
Equipment

- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Remove and reserve stems from mushrooms. Season mushroom caps with salt; set aside. Mince stems to yield 1/2 cup; discard remaining stems.
- ☐ Combine ground beef, minced stems, blue cheese, bread crumbs, 3 tablespoons chives, and steak seasoning. Spoon beef mixture evenly into mushrooms.
- ☐ Place stuffed mushrooms on rack in broiler pan.
- ☐ Bake in 375 degrees F oven 15 to 20 minutes.
- ☐ Sprinkle with additional chives, if desired.

Nutrition Facts



Properties

Glycemic Index:2.14, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.4830434944319%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 27.36kcal (1.37%), Fat: 1.67g (2.57%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.38g (0.43%), Cholesterol: 5.41mg (1.8%), Sodium: 39.97mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Selenium: 6.33µg (9.05%), Vitamin B2: 0.11mg (6.63%), Copper: 0.11mg (5.26%), Vitamin B3: 1.04mg (5.22%), Phosphorus: 39.04mg (3.9%), Vitamin B5: 0.35mg (3.55%), Zinc: 0.52mg (3.47%), Potassium: 111.42mg (3.18%), Vitamin B12: 0.17µg (2.83%), Vitamin B6: 0.05mg (2.27%), Manganese: 0.03mg (1.68%), Iron: 0.29mg (1.6%), Folate: 6.32µg (1.58%), Vitamin B1: 0.02mg (1.49%), Calcium: 12.67mg (1.27%), Vitamin K: 1.1µg (1.05%)