



Beef-Stuffed Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 2 tablespoons butter
- ☐ 14.5 ounce chicken broth canned
- ☐ 0.8 teaspoon chili powder
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 1 garlic clove minced
- ☐ 24 ounce mushrooms 2 dozen
- ☐ 24 servings garnish: parsley fresh chopped

- ☐ 0.8 teaspoon pepper
- ☐ 1.3 cups pan drippings from roast beef preferably cooked finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 large shallots minced

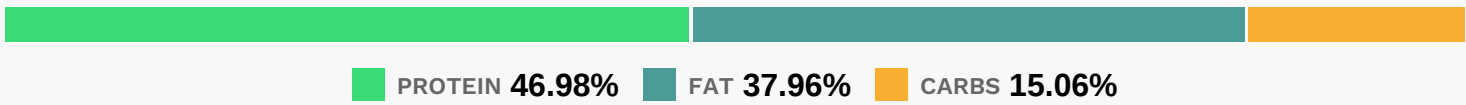
Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ broiler pan

Directions

- ☐ Remove stems from mushrooms; chop stems. Set mushroom caps aside.
- ☐ Melt butter in a large skillet over medium-high heat; add shallots and garlic, and saut 2 to 3 minutes.
- ☐ Add mushroom stems, and saut 4 minutes or until tender.
- ☐ Remove from heat; stir in roast beef and next 4 ingredients.
- ☐ Bring broth to a boil in a Dutch oven; reduce heat.
- ☐ Add mushroom caps in batches, and simmer each batch 3 minutes.
- ☐ Drain well. Spoon beef mixture evenly into caps.
- ☐ Sprinkle with breadcrumbs, and place on a lightly greased rack in a broiler pan.
- ☐ Broil stuffed mushrooms 5 1/2 inches from heat for 3 minutes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:8.186521810034%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 69.26kcal (3.46%), Fat: 2.97g (4.57%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.84g (0.93%), Cholesterol: 15.69mg (5.23%), Sodium: 345.24mg (15.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.55%), Vitamin K: 66.27µg (63.11%), Vitamin C: 11.67mg (14.14%), Vitamin B3: 2.52mg (12.58%), Selenium: 7.04µg (10.06%), Vitamin B2: 0.16mg (9.23%), Vitamin A: 428.03IU (8.56%), Phosphorus: 80.86mg (8.09%), Zinc: 1.1mg (7.31%), Vitamin B12: 0.4µg (6.64%), Vitamin B6: 0.13mg (6.34%), Copper: 0.12mg (6.01%), Iron: 0.98mg (5.42%), Potassium: 185.91mg (5.31%), Vitamin B5: 0.49mg (4.94%), Calcium: 47.48mg (4.75%), Folate: 14.34µg (3.58%), Vitamin B1: 0.04mg (2.98%), Magnesium: 11.67mg (2.92%), Manganese: 0.05mg (2.49%), Fiber: 0.57g (2.29%), Vitamin E: 0.15mg (1.03%)