



Blue Bacon Stuffed Mushrooms

READY IN



38 min.

SERVINGS



6

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 strips bacon
- 3 ounces cheese blue
- 0.3 cup breadcrumbs
- 1 tablespoon butter
- 3 ounces cream cheese
- 1 clove garlic sliced
- 6 large mushrooms
- 0.5 onion diced

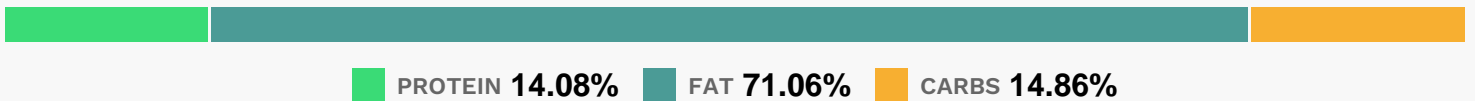
Equipment

- frying pan
- paper towels
- oven
- blender
- baking pan

Directions

- Cook bacon strips in a large skillet over medium heat until crispy; drain on paper towels. While the bacon is cooking, remove stems from mushrooms. Set caps aside, and chop stems.
- Add butter to skillet with bacon grease. When melted, stir in mushroom stems, onion, and garlic. Cook, stirring frequently until the onions caramelize, 15 to 20 minutes.
- Preheat oven to 350 degrees F (175 degrees C). Spray a small baking dish with cooking spray.
- Once the onion mixture has reached a deep, rich brown color, place into a blender along with bacon, cream cheese, blue cheese, and bread crumbs. Blend on low until ingredients are roughly chopped and evenly combined. Stuff cheese mixture into mushroom caps and place into prepared baking dish.
- Bake in preheated oven until bubbly and lightly browned, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:5.6547826010248%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 195.42kcal (9.77%), Fat: 15.61g (24.02%), Saturated Fat: 8.26g (51.65%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 6.68g (2.43%), Sugar: 1.83g (2.03%), Cholesterol: 37.22mg (12.41%), Sodium: 340.86mg (14.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Selenium: 9.28µg (13.25%), Vitamin B2: 0.22mg (12.71%), Phosphorus: 119.53mg (11.95%), Calcium: 104.39mg (10.44%), Vitamin B3: 1.84mg (9.22%), Vitamin B1: 0.12mg (7.98%), Vitamin B5: 0.78mg (7.81%), Vitamin A: 361.13IU (7.22%), Vitamin B6: 0.11mg (5.46%), Zinc: 0.81mg (5.39%), Copper: 0.11mg (5.32%), Potassium: 177.63mg (5.08%), Vitamin B12: 0.29µg (4.89%), Folate: 18.54µg (4.63%), Manganese: 0.09mg (4.51%), Iron: 0.54mg (2.99%), Magnesium: 11.59mg (2.9%), Fiber: 0.67g (2.67%), Vitamin E: 0.27mg (1.79%), Vitamin C: 1.32mg (1.6%), Vitamin K: 1.24µg (1.18%), Vitamin D: 0.16µg (1.07%)