



Blue Cheese Mushrooms

 Gluten Free

READY IN



33 min.

SERVINGS



33

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter
- 4.5 oz athenos cheese blue crumbled
- 3 oz philadelphia cream cheese softened
- 1 lb mushrooms fresh
- 0.3 cup green onions sliced

Equipment

- frying pan
- broiler

broiler pan

Directions

Preheat broiler.

Remove stems from mushrooms; chop stems. Cook and stir stems and onions in butter in small skillet on medium heat until tender.

Add blue cheese and cream cheese; mix well. Spoon evenly into mushroom caps; place on rack of broiler pan.

Broil 2 to 3 min. or until golden brown.

Serve warm.

Nutrition Facts



PROTEIN 18.95% **FAT 71.23%** **CARBS 9.82%**

Properties

Glycemic Index:3.58, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.503478280876%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 28.98kcal (1.45%), Fat: 2.39g (3.67%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.41g (0.45%), Cholesterol: 5.5mg (1.83%), Sodium: 57.36mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin B2: 0.08mg (4.51%), Phosphorus: 29.92mg (2.99%), Selenium: 2.07µg (2.95%), Vitamin B5: 0.29mg (2.88%), Vitamin B3: 0.54mg (2.71%), Calcium: 24mg (2.4%), Copper: 0.05mg (2.32%), Vitamin A: 86.84IU (1.74%), Potassium: 59.28mg (1.69%), Vitamin K: 1.72µg (1.63%), Zinc: 0.19mg (1.27%), Vitamin B6: 0.02mg (1.13%), Folate: 4.45µg (1.11%)