



## BOCA Stuffed Mushrooms Appetizer

 Gluten Free

READY IN



22 min.

SERVINGS



22

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup milk cheddar cheese shredded 2% kraft
- 0.3 tsp garlic powder
- 1 green onion sliced
- 8 large mushrooms
- 0.3 cup boca veggie ground crumbles frozen
- 2 Tbsp philadelphia

### Equipment

- bowl

baking sheet

oven

## Directions

Heat oven to 400F.

Remove mushroom stems; set caps aside. Chop stems; place in medium bowl.

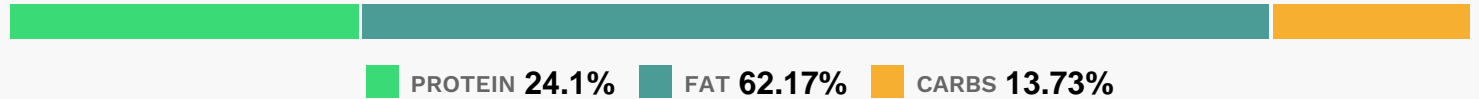
Add remaining ingredients; mix well.

Fill mushroom caps with crumbles mixture; press firmly into caps.

Place on baking sheet.

Bake 10 to 12 min. or until mushrooms are tender and filling is heated through (160F).

## Nutrition Facts



## Properties

Glycemic Index:5.59, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.0839130437892%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 15.47kcal (0.77%), Fat: 1.12g (1.72%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.4g (0.14%), Sugar: 0.25g (0.28%), Cholesterol: 3.04mg (1.01%), Sodium: 21.17mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin B2: 0.05mg (2.77%), Vitamin B3: 0.45mg (2.26%), Vitamin B12: 0.13µg (2.13%), Selenium: 1.39µg (1.98%), Phosphorus: 19.29mg (1.93%), Vitamin B1: 0.02mg (1.56%), Calcium: 14.05mg (1.41%), Vitamin B5: 0.14mg (1.4%), Copper: 0.03mg (1.4%), Vitamin K: 1.2µg (1.14%), Vitamin B6: 0.02mg (1.07%)