



## Boursin Stuffed Mushrooms



Vegetarian



Gluten Free



Popular

READY IN



25 min.

SERVINGS



24

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 24 cremini mushroom caps with stems 3/4 pound total)
- ☐ 5 ounces boursin garlic and herb cheese at room temperature
- ☐ 0.5 teaspoon paprika smoked

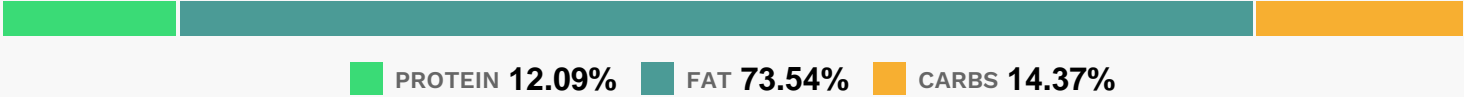
### Equipment

- ☐ oven
- ☐ baking pan

# Directions

- ☐ Brush any dirt off the mushrooms and remove the stems.
- ☐ Stuff caps with cheese: Use a spoon to stuff the mushrooms with the cheese mixture, so that it mounds a little in the center.
- ☐ Place the mushrooms on a rimmed baking pan (to prevent the mushrooms from rolling off the pan).
- ☐ Sprinkle the tops with a little smoked paprika.
- ☐ Bake at 350°F (175°C) for 8 minutes, or until a pool of water forms at the base of each mushroom as the mushrooms sweat out their moisture.
- ☐ Remove and cool a minute or two, then serve.

## Nutrition Facts



## Properties

Glycemic Index:0.63, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.7895652158591%

## Nutrients (% of daily need)

Calories: 28.96kcal (1.45%), Fat: 2.47g (3.8%), Saturated Fat: 1.63g (10.2%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.55g (0.61%), Cholesterol: 6.11mg (2.04%), Sodium: 37.89mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Selenium: 5.2µg (7.43%), Vitamin B2: 0.1mg (5.79%), Copper: 0.1mg (5.01%), Vitamin B3: 0.76mg (3.82%), Vitamin B5: 0.3mg (3.01%), Potassium: 90.55mg (2.59%), Phosphorus: 24.13mg (2.41%), Vitamin A: 81.59IU (1.63%), Zinc: 0.22mg (1.48%), Manganese: 0.03mg (1.45%), Vitamin B1: 0.02mg (1.28%), Folate: 5.02µg (1.26%), Vitamin B6: 0.02mg (1.14%)