



Cheddar-Stuffed Mushrooms

READY IN



45 min.

SERVINGS



36

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 oz mushrooms fresh whole cleaned
- ☐ 0.8 cup bread stuffing mix
- ☐ 0.5 cup cheddar cheese shredded extra-sharp
- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons onion finely chopped

Equipment

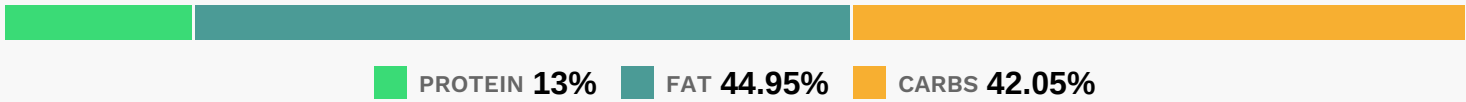
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Remove stems from mushrooms; reserve caps. Finely chop half of the stems; discard remaining stems.
- ☐ In small bowl, combine chopped mushroom stems, stuffing mix, cheese, butter and onion; mix well. Spoon about 1 teaspoon mushroom mixture into each mushroom cap.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake at 350°F. for 10 to 12 minutes or until thoroughly heated.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.78, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.7543478238842%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 39.73kcal (1.99%), Fat: 2.02g (3.11%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 3.96g (1.44%), Sugar: 0.69g (0.76%), Cholesterol: 5.01mg (1.67%), Sodium: 90.3mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.63%), Selenium: 4µg (5.71%), Vitamin B2: 0.08mg (4.6%), Vitamin B3: 0.74mg (3.71%), Folate: 10.9µg (2.73%), Vitamin B1: 0.04mg (2.69%), Copper: 0.05mg (2.63%), Phosphorus: 25.51mg (2.55%), Vitamin B5: 0.22mg (2.17%), Manganese: 0.04mg (1.8%), Calcium: 16.76mg (1.68%), Potassium: 54.59mg (1.56%), Iron: 0.25mg (1.42%), Fiber: 0.29g (1.17%), Zinc: 0.17mg (1.14%), Vitamin B6: 0.02mg (1.12%), Vitamin A: 55.23IU (1.1%)