



## Cheese and Spinach-Stuffed Mushrooms

READY IN



45 min.

SERVINGS



16

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 48 portobello mushrooms fresh whole white ()
- 8 oz cream cheese softened
- 9 oz spinach frozen thawed chopped
- 1 cup parmesan cheese freshly grated
- 0.5 teaspoon salt
- 0.3 teaspoon pepper black freshly ground
- 0.1 teaspoon ground pepper red (cayenne)
- 0.5 cup panko bread crumbs crispy
- 2 tablespoons butter melted

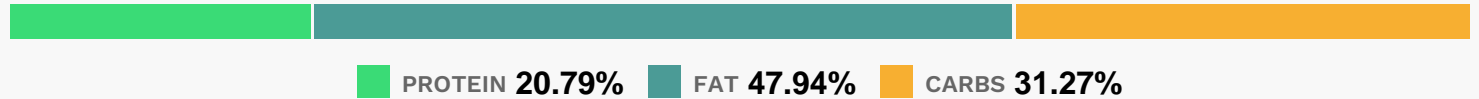
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 350°F.
- Remove stems from mushroom caps; reserve caps. Discard stems. In large bowl, mix cream cheese, spinach, 1/2 cup of the Parmesan cheese, the salt and both peppers until well blended. Spoon into mushroom caps, mounding slightly.
- Place mushrooms in ungreased 17x12-inch half-sheet pan.
- In small bowl, mix remaining 1/2 cup Parmesan cheese, the bread crumbs and butter.
- Sprinkle bread crumb mixture over filled mushroom caps, pressing lightly.
- Bake 20 to 22 minutes or until thoroughly heated.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:5.69, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:22.815217541612%

## Nutrients (% of daily need)

Calories: 156.11kcal (7.81%), Fat: 9.11g (14.02%), Saturated Fat: 4.31g (26.91%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 9.54g (3.47%), Sugar: 7.06g (7.84%), Cholesterol: 19.75mg (6.58%), Sodium: 291.27mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.78%), Selenium: 51.71µg (73.87%), Vitamin B3: 11.55mg (57.75%), Vitamin K: 59.91µg (57.06%), Vitamin A: 2183.6IU (43.67%), Copper: 0.75mg (37.7%), Phosphorus: 338.36mg (33.84%), Vitamin B5: 3mg (30.01%), Potassium: 1007.82mg (28.79%), Vitamin B2: 0.43mg (25.05%), Folate: 97.38µg (24.34%), Vitamin B6: 0.42mg (20.81%), Manganese: 0.31mg (15.74%), Fiber: 3.84g (15.34%), Vitamin B1: 0.19mg (12.47%), Zinc: 1.79mg (11.96%), Calcium: 101.29mg (10.13%), Iron: 1.22mg (6.79%), Vitamin D: 0.79µg (5.25%), Vitamin E: 0.73mg (4.85%), Vitamin B12: 0.25µg (4.16%), Magnesium: 16.36mg (4.09%), Vitamin C: 0.89mg (1.08%)