



## Cheese 'n Bacon Stuffed Mushroom

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 4 oz philadelphia cream cheese softened ()
- 1 lb mushrooms fresh
- 1 Tbsp parsley fresh chopped
- 1 clove garlic minced
- 0.5 cup sharp cheddar cheese shredded kraft

### Equipment

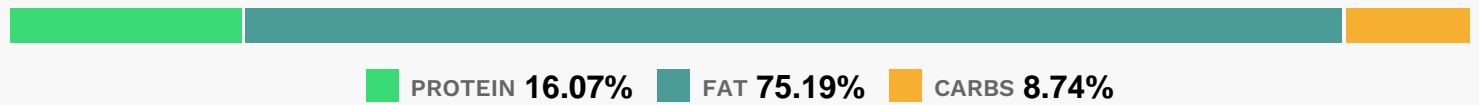
- oven

baking pan

## Directions

- Heat oven to 350F.
- Remove stems from mushrooms; discard or reserve for another use.
- Mix remaining ingredients; spoon into mushroom caps.
- Place, filled-sides up, in shallow baking dish.
- Bake 18 to 20 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:12.33, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:4.0713043420211%

## Flavonoids

Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 91.67kcal (4.58%), Fat: 7.89g (12.15%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.67g (0.61%), Sugar: 1.12g (1.25%), Cholesterol: 19.09mg (6.36%), Sodium: 111.12mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.59%), Vitamin B2: 0.2mg (11.82%), Selenium: 7.17µg (10.24%), Vitamin B3: 1.68mg (8.38%), Phosphorus: 75.31mg (7.53%), Vitamin B5: 0.68mg (6.83%), Copper: 0.13mg (6.39%), Vitamin K: 5.51µg (5.25%), Calcium: 44.84mg (4.48%), Potassium: 153.58mg (4.39%), Vitamin A: 203.5IU (4.07%), Vitamin B1: 0.06mg (3.68%), Vitamin B6: 0.07mg (3.54%), Zinc: 0.51mg (3.4%), Folate: 8.75µg (2.19%), Vitamin B12: 0.12µg (2.04%), Magnesium: 6.62mg (1.66%), Vitamin C: 1.29mg (1.57%), Fiber: 0.39g (1.57%), Iron: 0.26mg (1.45%), Manganese: 0.02mg (1.24%), Vitamin E: 0.15mg (1.03%)