



## Cheese Stuffed Mushroom Appetizer

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 2 pounds mushrooms fresh
- 1 tablespoon garlic finely chopped
- 4 ounce goat cheese crumbles
- 0.5 cup mushroom stems chopped
- 8 ounce neufchâtel cheese
- 2 tablespoons onion finely chopped

### Equipment

- frying pan
- sauce pan
- oven
- baking pan
- broiler
- colander

## Directions

- Heat two large skillets over medium-high heat, melt 3 tablespoons of butter in each of the skillets and divide the mushroom caps between the two. Cook and stir the mushroom caps until the edges are slightly soft, about 5 minutes.
- Place the mushrooms in a colander to drain and cool.
- Stir together the cream cheese and goat cheese until well blended.
- Mix in the onions and mushroom stems. Use all of the filling to generously fill each mushroom cap and place, filling side up, in a baking pan.
- Preheat the oven broiler for high heat.
- Melt the remaining 1/4 cup of butter with the garlic in a small saucepan over medium heat, cook the garlic for 1 minute once the butter has completely melted.
- Drizzle the garlic butter over the filled mushroom caps.
- Place the pan of mushrooms in the preheated oven to broil until golden brown, about 5 minutes.

## Nutrition Facts

 PROTEIN **18.24%**  FAT **70.73%**  CARBS **11.03%**

## Properties

Glycemic Index:33, Glycemic Load:1.71, Inflammation Score:-5, Nutrition Score:13.276521729386%

## Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## Nutrients (% of daily need)

Calories: 251.69kcal (12.58%), Fat: 20.82g (32.03%), Saturated Fat: 12.53g (78.33%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 5.63g (2.05%), Sugar: 4.69g (5.21%), Cholesterol: 57mg (19%), Sodium: 264.94mg (11.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.08g (24.16%), Vitamin B2: 0.78mg (45.64%), Copper: 0.66mg (33%), Vitamin B3: 5.92mg (29.62%), Vitamin B5: 2.75mg (27.52%), Phosphorus: 242.73mg (24.27%), Selenium: 16.77µg (23.96%), Potassium: 581.1mg (16.6%), Vitamin A: 749.68IU (14.99%), Vitamin B6: 0.25mg (12.46%), Vitamin B1: 0.16mg (10.34%), Zinc: 1.34mg (8.94%), Folate: 35.58µg (8.9%), Calcium: 80.91mg (8.09%), Iron: 1.24mg (6.87%), Fiber: 1.68g (6.71%), Manganese: 0.12mg (6.22%), Magnesium: 21.99mg (5.5%), Vitamin C: 4.01mg (4.86%), Vitamin B12: 0.23µg (3.82%), Vitamin E: 0.42mg (2.82%), Vitamin D: 0.39µg (2.63%), Vitamin K: 1.68µg (1.6%)