



Cheese-Stuffed Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounces cream cheese
- 4 ounces feta cheese
- 24 mushrooms fresh
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- 10 ounce spinach frozen chopped
- 0.5 cup spring onion with tops finely chopped
- 1 cup parmesan grated
- 24 servings salt to taste

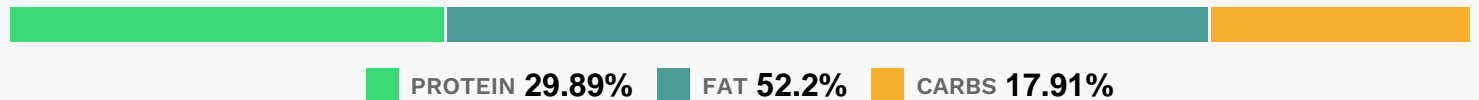
Equipment

- baking sheet
- paper towels
- oven
- mixing bowl
- colander

Directions

- Preheat oven to 350 degrees F.
- Wipe mushroom caps clean with a damp paper towel. Thaw spinach in a colander; squeeze out as much moisture as possible. In mixing bowl, combine all ingredients except mushrooms and Parmesan.
- Mix well. Fill mushroom caps with mixture and place on a cookie sheet.
- Sprinkle Parmesan on top.
- Bake for 15 to 20 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.44, Inflammation Score:-7, Nutrition Score:8.1452174316282%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 50.02kcal (2.5%), Fat: 3.11g (4.79%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 1.61g (0.58%), Sugar: 1.04g (1.15%), Cholesterol: 9.42mg (3.14%), Sodium: 332.9mg (14.47%), Alcohol: 0g (100%), Protein: 4.01g (8.02%), Vitamin K: 48.46µg (46.15%), Vitamin A: 1490.09IU (29.8%), Vitamin B2: 0.25mg (14.59%), Calcium: 92.98mg (9.3%), Selenium: 6.29µg (8.99%), Phosphorus: 88.33mg (8.83%), Vitamin B3: 1.58mg

(7.88%), Copper: 0.15mg (7.47%), Vitamin B5: 0.69mg (6.89%), Folate: 27.28µg (6.82%), Manganese: 0.11mg (5.41%), Potassium: 183.74mg (5.25%), Vitamin B6: 0.09mg (4.42%), Magnesium: 15.82mg (3.96%), Zinc: 0.55mg (3.63%), Vitamin B1: 0.05mg (3.61%), Fiber: 0.8g (3.19%), Iron: 0.52mg (2.91%), Vitamin E: 0.4mg (2.64%), Vitamin B12: 0.15µg (2.52%), Vitamin C: 1.88mg (2.28%)