



Cheesy Mashed Potato Stuffed Mushrooms



Gluten Free

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READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bacon bits prepared cooked chopped
- ☐ 0.5 cup chives chopped
- ☐ 4 tablespoons garlic minced
- ☐ 14.1 ounce buttery golden selects potatoes mashed idahoan®
- ☐ 24 large mushrooms
- ☐ 6 tablespoons olive oil
- ☐ 1.5 cups cheddar cheese shredded white

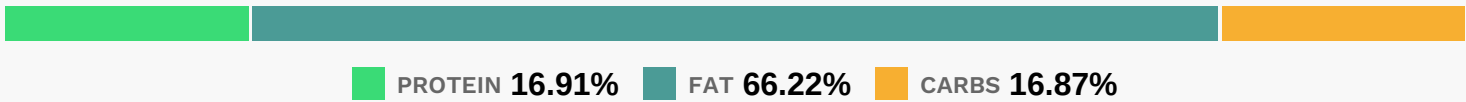
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Prepare mashed potatoes according to package directions.
- ☐ Add shredded cheese (reserve enough to top mushrooms), chives and bacon.
- ☐ Remove stems from clean mushrooms and stuff caps with potato mixture.
- ☐ Spread olive oil and minced garlic on bottom of walled cookie sheet or baking dish.
- ☐ Place mushrooms on top.
- ☐ Sprinkle shredded cheddar over the top of the mushrooms.
- ☐ Bake for 20–25 minutes.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:2.47, Inflammation Score:-2, Nutrition Score:4.3586956392164%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 101.91kcal (5.1%), Fat: 7.66g (11.78%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 3.74g (1.36%), Sugar: 0.64g (0.71%), Cholesterol: 11.72mg (3.91%), Sodium: 127.76mg (5.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Selenium: 6.77µg (9.67%), Vitamin B2: 0.14mg (8.37%), Phosphorus: 82.41mg (8.24%), Vitamin B3: 1.52mg (7.59%), Vitamin B6: 0.12mg (6.04%), Vitamin C: 4.66mg (5.65%), Calcium: 56.35mg (5.64%), Copper: 0.1mg (5.18%), Potassium: 180.04mg (5.14%), Vitamin B5: 0.49mg (4.86%), Vitamin B1: 0.06mg (4.25%), Vitamin K: 4.39µg (4.18%), Zinc: 0.59mg (3.94%), Vitamin E: 0.58mg (3.89%), Manganese: 0.06mg (3.17%), Fiber: 0.65g (2.58%), Magnesium: 9.95mg (2.49%), Vitamin B12: 0.14µg (2.26%),

Folate: 8.97μg (2.24%), Vitamin A: 109.24IU (2.18%), Iron: 0.36mg (1.98%)