



Cheesy Stuffed Mushrooms

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce wedge brie cheese
- ☐ 20 crimini mushrooms
- ☐ 3 tablespoons steak sauce (such as A.1.™)

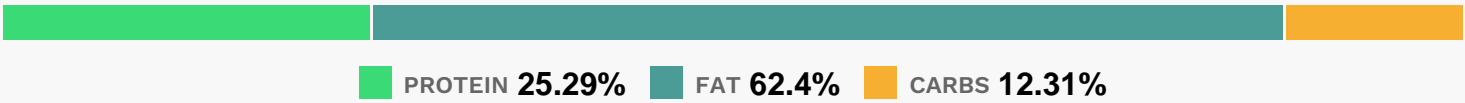
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil.
- ☐ Broil the mushrooms on the baking sheet stem-side-down for 5 minutes to soften.
- ☐ Remove from the oven, and turn the mushroom caps over.
- ☐ Place a dab of the steak sauce into each cap, then place a piece of brie on top. Return to the oven, and broil until the cheese is bubbly and golden brown, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.7956522003464%

Nutrients (% of daily need)

Calories: 44.41kcal (2.22%), Fat: 3.17g (4.87%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.25g (0.46%), Sugar: 0.62g (0.68%), Cholesterol: 11.34mg (3.78%), Sodium: 109.65mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Selenium: 6.86µg (9.8%), Vitamin B2: 0.16mg (9.3%), Copper: 0.11mg (5.32%), Phosphorus: 46.06mg (4.61%), Vitamin B3: 0.82mg (4.12%), Vitamin B5: 0.38mg (3.78%), Vitamin B12: 0.21µg (3.45%), Zinc: 0.5mg (3.32%), Potassium: 113.86mg (3.25%), Folate: 12.55µg (3.14%), Vitamin B6: 0.05mg (2.55%), Calcium: 24.89mg (2.49%), Vitamin B1: 0.03mg (1.85%), Manganese: 0.04mg (1.81%), Vitamin A: 73.77IU (1.48%), Magnesium: 4.45mg (1.11%)