



Classic Stuffed Mushrooms

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 cremini mushrooms separated scrubbed finely chopped
- ☐ 1 tablespoon butter
- ☐ 2 small shallots minced
- ☐ 1 large garlic clove minced
- ☐ 2 tablespoons walnuts chopped
- ☐ 4 servings salt
- ☐ 2 tablespoons parsley chopped
- ☐ 1 teaspoon herbs de provence dried

- ☐ 2 tablespoons breadcrumbs
- ☐ 2 tablespoons chicken stock see
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 tablespoons parmesan cheese grated

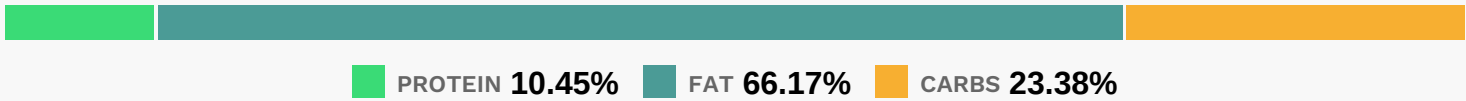
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375°F (190°C).
- ☐ Make filling:
- ☐ Heat 1 tablespoon butter in a small frying pan over medium-high heat. Sauté the chopped mushroom stems and the shallots for 4-5 minutes, stirring often.
- ☐ Add the garlic and walnuts and sprinkle with salt. Stir well and sauté 2 more minutes.
- ☐ Turn off the heat and add the parsley, herbes de Provence and breadcrumbs.
- ☐ Pour the sherry into a food processor, then the rest of the stuffing. Pulse several times to get a fine mixture, almost a paste.
- ☐ Stuff mushroom caps: Toss the mushroom caps with olive oil. Fill each mushroom with the stuffing, and place on a baking sheet.
- ☐ Sprinkle grated parmesan cheese over each mushroom.
- ☐ Bake for 10-20 minutes at 375°F (190°C), or until the cheese browns a little and a little water starts to pool at the base of each mushroom. Allow to cool for 5 minutes or so before serving.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:13.517826077731%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 183.98kcal (9.2%), Fat: 14.29g (21.99%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 9.69g (3.52%), Sugar: 3.12g (3.47%), Cholesterol: 9.93mg (3.31%), Sodium: 315.89mg (13.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Vitamin K: 42.18µg (40.17%), Selenium: 26.25µg (37.5%), Vitamin B2: 0.49mg (28.89%), Copper: 0.57mg (28.29%), Manganese: 0.42mg (20.95%), Vitamin B3: 4mg (19.99%), Phosphorus: 162.57mg (16.26%), Vitamin B5: 1.47mg (14.67%), Potassium: 506.35mg (14.47%), Vitamin B1: 0.17mg (11.09%), Folate: 41.38µg (10.34%), Vitamin B6: 0.19mg (9.71%), Zinc: 1.43mg (9.57%), Vitamin E: 1.19mg (7.94%), Iron: 1.41mg (7.84%), Calcium: 67.07mg (6.71%), Fiber: 1.67g (6.7%), Magnesium: 23.76mg (5.94%), Vitamin A: 288.86IU (5.78%), Vitamin C: 4.1mg (4.97%), Vitamin B12: 0.15µg (2.45%)