



Crab and Fontina Stuffed Mushrooms

READY IN



30 min.

SERVINGS



8

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons sherry dry
- 0.3 cup fontina shredded
- 0.3 teaspoon kosher salt
- 1 teaspoon juice of lemon freshly squeezed
- 0.3 pound lump crab meat fresh
- 1 tablespoon olive oil
- 3 tablespoons panko bread crumbs
- 1 medium shallots finely chopped

- 0.5 teaspoon paprika sweet
- 2 tablespoons butter unsalted ()
- 24 medium mushrooms white
- 24 medium mushrooms white

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven

Directions

- Heat the oven to broil and arrange a rack in the middle. Line a large plate with paper towels; set aside. Coat a baking sheet with olive oil and place in the oven for 2 minutes.
- Remove the baking sheet from the oven and evenly arrange mushrooms, cap side down and 1 inch apart, on the baking sheet. Broil until the surface of the caps touching the baking sheet is golden brown, about 4 to 5 minutes.
- Remove from the oven and transfer mushrooms to the paper-towel-lined plate, browned side up, discarding any moisture collected inside the caps; set aside. Wipe the baking sheet dry with a paper towel; set aside.
- Place panko in a medium frying pan over medium-high heat. Toast, stirring occasionally, until lightly browned, about 5 minutes.
- Transfer to a medium bowl; set aside. Wipe any crumbs from the pan with a paper towel. Reduce heat to medium, return the pan to heat, and melt butter until foaming.
- Add shallot, paprika, salt, and pepper and sauté, stirring occasionally, until shallot has softened, about 3 minutes.
- Add sherry and cook until the alcohol smell has dissipated, about 2 minutes.
- Add toasted panko and stir to combine.
- Remove mixture to a medium bowl and let cool slightly. Meanwhile, transfer mushrooms, cap side down and 1 inch apart, to the dried baking sheet.

- Add crabmeat, cheese, and lemon juice to the reserved shallot mixture and gently fold until evenly incorporated. Divide filling evenly among mushrooms. Broil until the cheese is melted and bubbling, about 3 minutes.

Nutrition Facts

PROTEIN 25.92% **FAT 50.08%** **CARBS 24%**

Properties

Glycemic Index:22.88, Glycemic Load:0.95, Inflammation Score:-3, Nutrition Score:10.452608616456%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 113.06kcal (5.65%), Fat: 6.55g (10.07%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 5.65g (2.05%), Sugar: 2.75g (3.05%), Cholesterol: 18.26mg (6.09%), Sodium: 258.11mg (11.22%), Alcohol: 0.39g (100%), Alcohol %: 0.34% (100%), Protein: 7.62g (15.25%), Vitamin B2: 0.47mg (27.52%), Copper: 0.49mg (24.5%), Selenium: 16.83µg (24.05%), Vitamin B12: 1.41µg (23.46%), Vitamin B3: 4.34mg (21.68%), Vitamin B5: 1.72mg (17.24%), Phosphorus: 148.31mg (14.83%), Potassium: 400.64mg (11.45%), Zinc: 1.63mg (10.87%), Vitamin B1: 0.13mg (8.9%), Vitamin B6: 0.16mg (7.87%), Folate: 30.26µg (7.56%), Manganese: 0.11mg (5.73%), Fiber: 1.41g (5.64%), Magnesium: 20.33mg (5.08%), Iron: 0.91mg (5.03%), Vitamin C: 3.75mg (4.55%), Calcium: 42.31mg (4.23%), Vitamin A: 190.6IU (3.81%), Vitamin E: 0.4mg (2.65%), Vitamin D: 0.29µg (1.95%), Vitamin K: 1.9µg (1.81%)