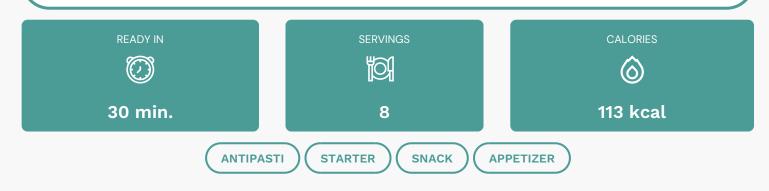




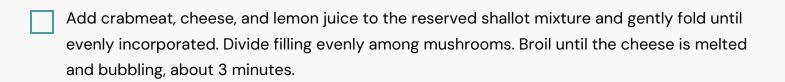
Crab and Fontina Stuffed Mushrooms



Ingredients

O.3 teaspoon pepper black freshly ground
2 tablespoons sherry dry
0.3 cup fontina shredded
O.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.



Nutrition Facts



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, 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, Hesperetin: 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%)