



Crab-filled Portabella Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces surimi crab sticks shelled cooked
- 0.8 cup green onions thinly sliced
- 4 portabella mushrooms
- 8 oz mozzarella cheese shredded
- 2 teaspoons worcestershire

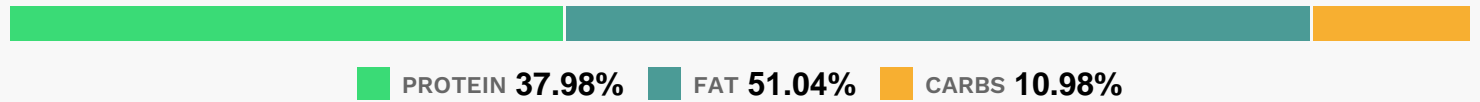
Equipment

- frying pan
- oven

Directions

- Rinse mushrooms and pat dry.
- Remove and chop stems.
- Mix chopped stems with crab, cheese, onions, and Worcestershire.
- Place mushrooms, cup side up, in a buttered 9- by 13-inch pan. Spoon crab mixture equally onto mushrooms, then press lightly to fit within caps.
- Bake in a 350 oven until cheese melts and browns lightly, 20 to 25 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:19.108260942542%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 232.18kcal (11.61%), Fat: 13.32g (20.49%), Saturated Fat: 7.6g (47.49%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 4.87g (1.77%), Sugar: 3.42g (3.8%), Cholesterol: 86.04mg (28.68%), Sodium: 644.47mg (28.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.3g (44.6%), Selenium: 43.63µg (62.33%), Vitamin B12: 2.75µg (45.85%), Phosphorus: 399.68mg (39.97%), Vitamin K: 40.27µg (38.36%), Calcium: 344.26mg (34.43%), Copper: 0.61mg (30.71%), Vitamin B3: 5.12mg (25.61%), Zinc: 3.8mg (25.33%), Vitamin B2: 0.33mg (19.3%), Folate: 61.42µg (15.35%), Potassium: 534.74mg (15.28%), Vitamin B5: 1.48mg (14.76%), Vitamin A: 573.44IU (11.47%), Vitamin B6: 0.22mg (11.15%), Magnesium: 30.79mg (7.7%), Manganese: 0.14mg (6.82%), Vitamin E: 1.01mg (6.75%), Vitamin C: 5.32mg (6.45%), Iron: 1.16mg (6.44%), Fiber: 1.58g (6.32%), Vitamin B1: 0.09mg (5.92%), Vitamin D: 0.48µg (3.19%)