



Crab-Stuffed Mushrooms

READY IN



45 min.

SERVINGS



10

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black
- 4 tablespoons butter divided
- 1 pound mushrooms fresh
- 0.5 cup imitation crabmeat flaked
- 0.3 teaspoon onion powder
- 2 tablespoons kikkoman panko bread crumbs
- 0.1 teaspoon salt

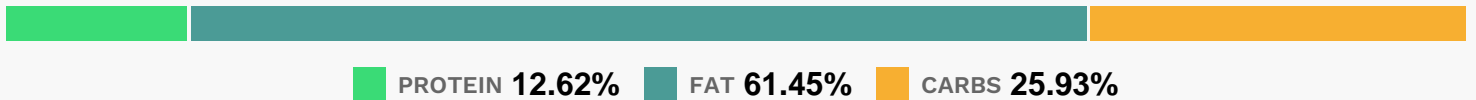
Equipment

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

Directions

- Heat oven to 375 degrees F. Wipe mushrooms gently with a damp paper towel.
- Remove and finely chop stems. In a large skillet over medium heat, melt 3 tablespoons of the butter.
- Add mushroom stems and cook for 5 minutes or until tender.
- Remove from heat and stir in 1/4 cup of the panko, the shredded crab, onion powder, salt and pepper.
- Stuff mushrooms caps with crab mixture and place them stuffing side up on an ungreased rimmed baking sheet. In a small bowl, combine remaining butter and panko.
- Sprinkle evenly over the tops of the mushrooms and bake for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:3.3039130231609%

Nutrients (% of daily need)

Calories: 67.17kcal (3.36%), Fat: 4.8g (7.39%), Saturated Fat: 2.93g (18.28%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.9g (1.42%), Sugar: 1.33g (1.47%), Cholesterol: 13.03mg (4.34%), Sodium: 132.61mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin B2: 0.19mg (11.32%), Vitamin B3: 1.77mg (8.86%), Copper: 0.15mg (7.5%), Vitamin B5: 0.7mg (6.97%), Selenium: 4.79µg (6.84%), Phosphorus: 43.85mg (4.39%), Potassium: 150.34mg (4.3%), Vitamin B1: 0.06mg (3.77%), Vitamin A: 140.08IU (2.8%), Fiber: 0.66g (2.63%), Folate: 10.06µg (2.51%), Vitamin B6: 0.05mg (2.51%), Manganese: 0.04mg (2.18%), Iron: 0.33mg (1.83%), Zinc: 0.27mg (1.82%), Magnesium: 5.15mg (1.29%), Vitamin C: 0.96mg (1.17%)