



Crab-Stuffed Mushrooms



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup pepper black
- ☐ 0.5 cup bread crumbs
- ☐ 1 cup crab meat
- ☐ 0.5 cup cream cheese
- ☐ 0.5 cup parsley leaves fresh chopped
- ☐ 0.3 cup garlic powder
- ☐ 0.5 cup green onions chopped
- ☐ 4 tablespoons parmesan

- ☐ 2 portobello mushroom caps white
- ☐ 1 cup salt

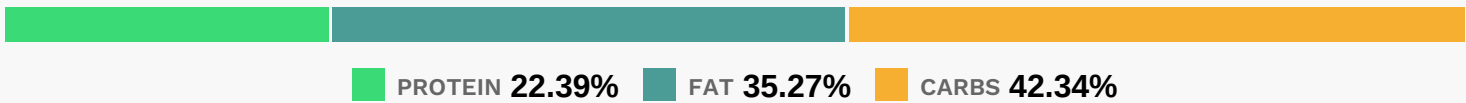
Equipment

- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Combine the crabmeat, cream cheese, parsley, green onions and Parmesan. Season with House Seasoning, to taste. Stuff the mushroom caps with the mixture and top with bread crumbs. Spray the tops with nonstick spray to help them brown.
- ☐ Transfer to the oven and bake for about 20 minutes, or until the filling is hot and melted.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:6.06, Inflammation Score:-10, Nutrition Score:49.953912766083%

Flavonoids

Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 619.03kcal (30.95%), Fat: 25.68g (39.51%), Saturated Fat: 14.07g (87.93%), Carbohydrates: 69.35g (23.12%), Net Carbohydrates: 55.75g (20.27%), Sugar: 7.61g (8.45%), Cholesterol: 99.4mg (33.13%), Sodium: 57868.57mg (2516.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.68g (73.35%), Vitamin K: 349.42µg (332.78%), Manganese: 4.61mg (230.74%), Vitamin B12: 7.94µg (132.36%), Selenium: 68.96µg (98.52%), Copper: 1.73mg (86.74%), Phosphorus: 636.46mg (63.65%), Fiber: 13.6g (54.38%), Zinc: 8.03mg (53.56%), Vitamin A: 2535.03IU (50.7%), Calcium: 492.13mg (49.21%), Iron: 8.53mg (47.38%), Vitamin B6: 0.93mg (46.39%), Potassium: 1523.77mg (43.54%), Folate: 152.9µg (38.23%), Vitamin C: 30.88mg (37.44%), Magnesium: 149.58mg (37.39%), Vitamin B3: 7.47mg (37.35%), Vitamin B1: 0.55mg (36.73%), Vitamin B2: 0.55mg (32.21%), Vitamin B5: 2.48mg

(24.82%), Vitamin E: 1.3mg (8.69%), Vitamin D: 0.3µg (2.01%)