



Crab-Stuffed Mushrooms

READY IN



30 min.

SERVINGS



18

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6.5 ounce crabmeat canned
- 1 clove garlic finely chopped
- 3 tablespoons seasoned bread crumbs dry italian
- 0.3 cup mayonnaise best foods®
- 18 medium mushrooms
- 2 tablespoons parmesan cheese grated

Equipment

- bowl

baking sheet

oven

Directions

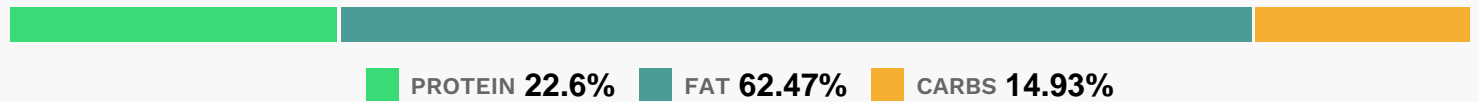
Preheat oven to 40

In small bowl, blend Hellmann's® or Best Foods® Real Mayonnaise, bread crumbs, cheese and garlic; fold in crabmeat. Evenly spoon mixture into mushroom caps.

On baking sheet, arrange mushroom caps.

Bake 20 minutes or until heated through and lightly browned.

Nutrition Facts



Properties

Glycemic Index:6.22, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:3.2152173687582%

Nutrients (% of daily need)

Calories: 49.63kcal (2.48%), Fat: 3.49g (5.37%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.61g (0.59%), Sugar: 0.48g (0.53%), Cholesterol: 12.17mg (4.06%), Sodium: 116.89mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Selenium: 6.79µg (9.7%), Copper: 0.15mg (7.31%), Vitamin K: 7.57µg (7.21%), Vitamin B12: 0.37µg (6.11%), Vitamin B2: 0.09mg (5.39%), Vitamin B3: 1.04mg (5.18%), Phosphorus: 47.03mg (4.7%), Vitamin B5: 0.39mg (3.92%), Zinc: 0.54mg (3.6%), Folate: 10.51µg (2.63%), Potassium: 90.12mg (2.57%), Vitamin B1: 0.03mg (2.26%), Vitamin E: 0.33mg (2.22%), Vitamin B6: 0.04mg (2.02%), Calcium: 18.43mg (1.84%), Manganese: 0.04mg (1.8%), Magnesium: 6.35mg (1.59%), Iron: 0.24mg (1.32%), Fiber: 0.27g (1.06%)