



Crab Stuffed Mushrooms

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 ounces crab meat
- 0.3 teaspoon thyme dried
- 1 pound mushrooms fresh
- 5 spring onion thinly sliced
- 6 servings pepper black to taste
- 0.3 teaspoon savoury
- 0.3 cup mayonnaise
- 0.3 teaspoon oregano dried

- 0.3 teaspoon paprika
- 3 tablespoons parmesan cheese grated

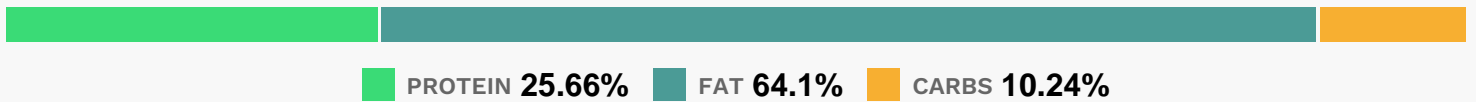
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a medium bowl, combine crabmeat, green onions, herbs, and pepper.
- Mix in mayonnaise and 1/4 cup Parmesan cheese until well combined. Refrigerate filling until ready for use.
- Wipe the mushrooms clean with a damp towel.
- Remove stems. Spoon out the gills and the base of the stem, making deep cups. Discard gills and stems. Fill the mushroom caps with rounded teaspoonfuls of filling, and place them in an ungreased shallow baking dish.
- Sprinkle tops with Parmesan and paprika.
- Bake for 15 minutes.
- Remove from oven, and serve immediately

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:0.75, Inflammation Score:-4, Nutrition Score:13.13652182662%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 143.59kcal (7.18%), Fat: 10.5g (16.16%), Saturated Fat: 1.92g (12%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 2.65g (0.96%), Sugar: 1.82g (2.02%), Cholesterol: 21.29mg (7.1%), Sodium: 404.78mg (17.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Vitamin B12: 3.06µg (50.93%), Vitamin K: 42.49µg (40.47%), Selenium: 20.31µg (29.01%), Copper: 0.56mg (27.99%), Vitamin B2: 0.34mg (19.94%), Zinc: 2.54mg (16.91%), Phosphorus: 160.24mg (16.02%), Vitamin B3: 3.16mg (15.82%), Vitamin B5: 1.29mg (12.89%), Potassium: 347.23mg (9.92%), Folate: 34.95µg (8.74%), Vitamin C: 5.81mg (7.04%), Vitamin B6: 0.14mg (7.03%), Magnesium: 26.66mg (6.67%), Vitamin B1: 0.08mg (5.58%), Calcium: 50.62mg (5.06%), Iron: 0.87mg (4.83%), Fiber: 1.12g (4.49%), Manganese: 0.09mg (4.39%), Vitamin A: 182.16IU (3.64%), Vitamin E: 0.53mg (3.51%), Vitamin D: 0.19µg (1.26%)