



Crab-Stuffed Mushrooms

READY IN



45 min.

SERVINGS



15

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 6 oz crab meat drained canned
- ☐ 1 eggs beaten
- ☐ 15 large mushrooms
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup parmesan cheese divided grated
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon seafood seasoning
- ☐ 0.5 slice bread white firm crumbled

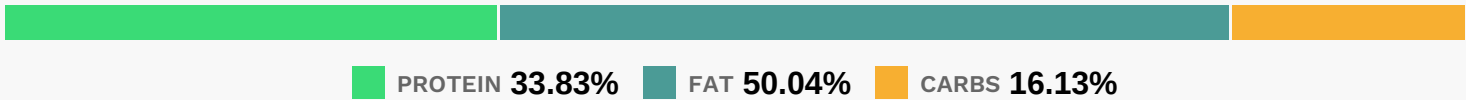
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Chop mushroom stems. Butter a 13"x9" baking pan using one tablespoon butter.
- ☐ Place mushroom caps in prepared pan.
- ☐ Melt remaining butter in a large skillet over medium heat.
- ☐ Add chopped stems, onion, seafood seasoning, salt and pepper; cook, stirring often, 5 minutes or until tender.
- ☐ Combine crabmeat, egg and bread crumbs in a large bowl, stirring well.
- ☐ Add mushroom mixture and 2 tablespoons cheese, stirring well. Spoon, filling evenly, into mushroom caps; sprinkle with remaining cheese.
- ☐ Bake at 350 for 20 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:0.53, Inflammation Score:-1, Nutrition Score:3.7334782662599%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 43.05kcal (2.15%), Fat: 2.46g (3.79%), Saturated Fat: 1.36g (8.47%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.67g (0.74%), Cholesterol: 27.37mg (9.12%), Sodium: 153.23mg (6.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Selenium: 8.72µg (12.46%), Copper: 0.17mg

(8.58%), Vitamin B2: 0.13mg (7.41%), Vitamin B12: 0.44µg (7.31%), Phosphorus: 65.28mg (6.53%), Vitamin B3: 1.19mg (5.97%), Vitamin B5: 0.52mg (5.19%), Zinc: 0.68mg (4.53%), Potassium: 116.93mg (3.34%), Folate: 12.97µg (3.24%), Calcium: 31.43mg (3.14%), Vitamin B6: 0.05mg (2.72%), Vitamin E: 0.3mg (1.98%), Magnesium: 7.93mg (1.98%), Vitamin B1: 0.03mg (1.94%), Manganese: 0.04mg (1.9%), Iron: 0.3mg (1.68%), Vitamin A: 79.84IU (1.6%), Vitamin C: 1.13mg (1.37%), Fiber: 0.32g (1.28%)