



Crab Stuffed Mushrooms En Croute

READY IN



35 min.

SERVINGS



18

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup herb cheese flavored recommended: Boursin
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup crab meat finely minced may use imitation
- ☐ 1 eggs beaten
- ☐ 18 uniform sized mushrooms
- ☐ 1 box phyllo pastry will need at least 18 sheets
- ☐ 18 servings salt and pepper freshly ground

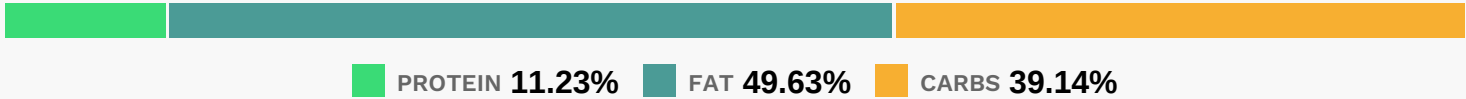
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Combine cheese and crab in a small bowl. Divide crab mixture among the upside-down mushroom caps, stuffing the mushrooms. Carefully lay 6 sheets of phyllo dough on top of one another, brushing every other sheet with melted butter.
- ☐ Cut phyllo lengthwise down the center and then cut each half into 3 pieces to make 6 rectangles.
- ☐ Place a mushroom, cheese side up, in the center of each square. Season with salt and pepper. Lift sides of pastry over mushrooms to resemble small bundles and form a "neck," pinching edges together to seal. Repeat the entire procedure 2 more times.
- ☐ Place on a greased baking sheet and brush with beaten egg.
- ☐ Bake for about 15 minutes until pastry is crisp and golden.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:4.99, Inflammation Score:-2, Nutrition Score:4.7486956482348%

Nutrients (% of daily need)

Calories: 144.4kcal (7.22%), Fat: 7.97g (12.26%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 13.46g (4.89%), Sugar: 0.68g (0.75%), Cholesterol: 26.89mg (8.96%), Sodium: 426.65mg (18.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Selenium: 10.22µg (14.59%), Vitamin B2: 0.18mg (10.64%), Vitamin B1: 0.16mg (10.37%), Vitamin B3: 1.8mg (9.01%), Vitamin B12: 0.46µg (7.62%), Folate: 28.88µg (7.22%), Copper: 0.13mg (6.7%), Manganese: 0.13mg (6.6%), Iron: 0.98mg (5.45%), Phosphorus: 52.14mg (5.21%), Vitamin B5: 0.43mg (4.34%), Vitamin A: 187.32IU (3.75%), Zinc: 0.54mg (3.61%), Potassium: 96.17mg (2.75%), Fiber: 0.68g (2.71%), Magnesium: 8.24mg (2.06%), Vitamin B6: 0.04mg (1.98%), Calcium: 12.54mg (1.25%)