



Crab-Stuffed Portobellos

READY IN



45 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

Ingredients

- 1 cup cherry tomatoes quartered (12)
- 1 pound crab meat
- 8 ounce block cream cheese fat-free softened
- 0.5 cup breadcrumbs dry
- 0.5 cup green onions finely chopped
- 1 Dash ground pepper red
- 1 teaspoon juice of lemon
- 0.3 cup mayonnaise light
- 0.5 teaspoon old bay seasoning

- 4 inch portabello mushrooms
- 2 ounces swiss cheese shredded reduced-fat reduced-sodium (such as Alpine Lace)

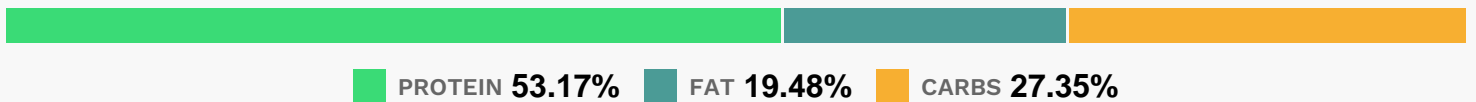
Equipment

- baking sheet
- oven
- blender

Directions

- Preheat oven to 42
- Remove brown gills from the undersides of mushrooms using a spoon; discard gills.
- Remove and discard stems. Set mushroom caps aside.
- Beat cream cheese at medium speed of a mixer until smooth.
- Add green onions and the next 4 ingredients (green onions through pepper); beat well. Stir in crabmeat, tomatoes, and cheese. Spoon mixture evenly into mushroom caps; sprinkle each cap with 1 tablespoon breadcrumbs, and place on a baking sheet.
- Bake at 425 for 15 minutes or until tops are lightly browned.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:15.550434737426%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 139.6kcal (6.98%), Fat: 2.95g (4.53%), Saturated Fat: 0.8g (5%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 8.67g (3.15%), Sugar: 2.98g (3.31%), Cholesterol: 30.82mg (10.27%), Sodium: 797.63mg (34.68%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 18.09g (36.19%), Vitamin B12: 5.52µg (91.93%), Selenium: 25.19µg (35.98%), Phosphorus: 336.7mg (33.67%), Copper: 0.58mg (28.87%), Zinc: 4.24mg (28.26%), Calcium: 214.36mg (21.44%), Vitamin K: 18.77µg (17.88%), Folate: 49.89µg (12.47%), Vitamin C: 9.66mg (11.71%), Magnesium: 42.88mg (10.72%), Vitamin B2: 0.16mg (9.61%), Potassium: 281.97mg (8.06%), Vitamin B1: 0.11mg (7.63%), Vitamin B6: 0.14mg (6.79%), Vitamin B3: 1.34mg (6.69%), Manganese: 0.13mg (6.33%), Iron: 1mg (5.58%), Vitamin B5: 0.52mg (5.22%), Vitamin A: 206.22IU (4.12%), Fiber: 0.63g (2.53%), Vitamin E: 0.31mg (2.1%)