



Crabmeat-Stuffed Mushrooms

READY IN



35 min.

SERVINGS



35

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp bread crumbs fresh
- 3 Tbsp butter divided
- 6 oz crab meat frozen thawed flaked drained
- 3 oz philadelphia cream cheese softened
- 12 large mushrooms fresh
- 2 Tbsp green onion sliced

Equipment

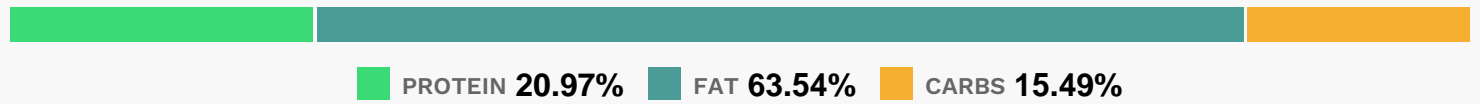
- bowl

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350F.
- Remove mushroom stems; chop enough stems to measure 1/3 cup. Cook and stir chopped stems and onion in 1 Tbsp. of the butter in medim skillet until tender. Stir in bread crumbs.
- Add to cream cheese in medium bowl; mix until well blended. Gently stir in crabmeat.
- Melt remaining 2 Tbsp. butter; brush evenly onto mushroom caps. Fill caps with cream cheese mixture; place, filled sides up, in shallow baking dish.
- Bake 18 to 20 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.6334782456574%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 26.45kcal (1.32%), Fat: 1.9g (2.93%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.31g (0.34%), Cholesterol: 4.5mg (1.5%), Sodium: 66.3mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Vitamin B12: 0.45µg (7.5%), Selenium: 2.93µg (4.18%), Copper: 0.07mg (3.64%), Vitamin B2: 0.04mg (2.56%), Zinc: 0.36mg (2.37%), Phosphorus: 21.84mg (2.18%), Vitamin B3: 0.4mg (2%), Vitamin A: 80.14IU (1.6%), Vitamin B5: 0.15mg (1.55%), Folate: 4.85µg (1.21%), Vitamin B1: 0.02mg (1.18%), Potassium: 41.33mg (1.18%)