



## Dinah's Stuffed Mushrooms

READY IN



50 min.

SERVINGS



20

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1.5 cups butter melted
- ☐ 13 ounce clams minced drained canned
- ☐ 2 tablespoons parsley dried
- ☐ 0.8 cup bread crumbs dry
- ☐ 20 mushrooms fresh
- ☐ 2 cloves garlic minced peeled
- ☐ 0.5 cup bell pepper green chopped
- ☐ 20 servings ground pepper black to taste
- ☐ 1 small onion finely chopped

- ☐ 0.5 cup parmesan cheese   grated
- ☐ 2 tablespoons penzey's southwest seasoning   italian-style
- ☐ 0.5 cup mozzarella cheese   shredded

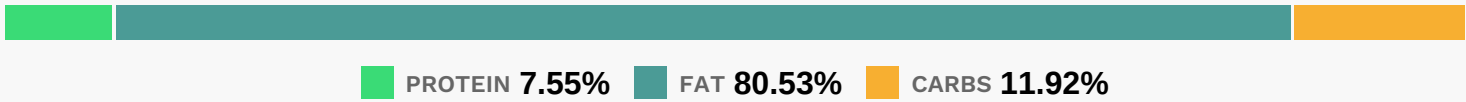
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ Arrange mushroom caps hollow side up in the baking dish.
- ☐ In a medium bowl, mix together minced clams, garlic, Parmesan cheese, onion, bread crumbs, green bell pepper, parsley, Italian-style seasoning and black pepper. Slowly stir in approximately 1/2 the butter, enough to make the mixture slightly moist.
- ☐ Generously fill the mushroom caps with the clam mixture.
- ☐ Sprinkle with mozzarella cheese.
- ☐ Drizzle with remaining butter.
- ☐ Bake in the preheated oven 30 minutes, or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:12, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:4.6247826412968%

## Flavonoids

Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 168.52kcal (8.43%), Fat: 15.49g (23.83%), Saturated Fat: 9.59g (59.91%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.35g (1.58%), Sugar: 0.96g (1.07%), Cholesterol: 41.82mg (13.94%), Sodium: 204.32mg (8.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin A: 501.11IU (10.02%), Vitamin B12: 0.46µg (7.68%), Selenium: 5.36µg (7.66%), Vitamin B2: 0.13mg (7.65%), Vitamin K: 7.86µg (7.48%), Phosphorus: 63.19mg (6.32%), Calcium: 61.84mg (6.18%), Manganese: 0.12mg (6.17%), Vitamin B3: 1.08mg (5.4%), Vitamin C: 4.03mg (4.88%), Copper: 0.09mg (4.37%), Vitamin B1: 0.06mg (4.26%), Vitamin B5: 0.37mg (3.75%), Vitamin E: 0.56mg (3.75%), Iron: 0.63mg (3.5%), Fiber: 0.8g (3.21%), Potassium: 109.45mg (3.13%), Folate: 11.34µg (2.83%), Zinc: 0.42mg (2.81%), Vitamin B6: 0.05mg (2.66%), Magnesium: 8.96mg (2.24%)