



Double-Cheese Stuffed Mushrooms

READY IN



45 min.

SERVINGS



45

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp butter
- 0.3 cup philadelphia chive & onion cream cheese spread
- 1.5 lb mushrooms fresh
- 1 Tbsp parsley fresh divided finely chopped
- 0.1 tsp ground pepper black
- 2 Tbsp onions finely chopped
- 0.5 cup parmesan cheese grated kraft
- 0.5 cup ritz crackers divided crushed finely

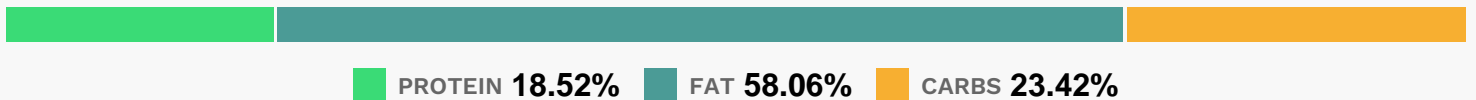
Equipment

- frying pan
- baking sheet
- oven
- melon baller

Directions

- Heat oven to 350F.
- Remove stems from mushrooms; set aside. Use melon baller to carefully scoop small amount of flesh from each mushroom cap. Finely chop removed flesh and stems.
- Place caps, hollowed-sides up, on parchment-covered rimmed baking sheet.
- Melt butter in large skillet on medium heat.
- Add chopped flesh, stems and onions; cook and stir 5 min. or until tender.
- Remove from heat. Stir in next 3 ingredients and half each of the cracker crumbs and parsley; spoon into mushroom caps. Top with remaining crumbs.
- Bake 25 min. or until heated through; sprinkle with remaining parsley.

Nutrition Facts



Properties

Glycemic Index:3.84, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.2856521703627%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 19.16kcal (0.96%), Fat: 1.3g (2.01%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1g (0.37%), Sugar: 0.41g (0.46%), Cholesterol: 3.11mg (1.04%), Sodium: 36.06mg (1.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Vitamin B2: 0.07mg (3.93%), Vitamin B3: 0.58mg (2.91%),

Selenium: 1.83µg (2.62%), Copper: 0.05mg (2.49%), Vitamin B5: 0.23mg (2.34%), Phosphorus: 22.21mg (2.22%),
Vitamin K: 1.79µg (1.71%), Potassium: 52.26mg (1.49%), Calcium: 13.21mg (1.32%), Vitamin B1: 0.02mg (1.05%)