



## Easy Stuffed Mushrooms

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp butter melted
- 3 Tbsp butter
- 1 lb mushrooms fresh
- 0.3 cup pasilla peppers green red finely chopped
- 2 cups stove top stuffing mix for chicken in the canister
- 1 cup water hot

### Equipment

- bowl

- frying pan
- baking pan
- broiler

## Directions

- Heat broiler.
- Add hot water to stuffing mix in medium bowl; stir just until moistened.
- Let stand 5 min.
- Meanwhile, remove stems from mushrooms; chop stems. Cook and stir mushroom caps in 3 Tbsp. butter in large skillet 5 min. or until lightly browned.
- Place, rounded-sides down, in shallow baking dish.
- Add stems and peppers to skillet; cook and stir 5 min. or until tender.
- Add to stuffing; mix well. Spoon into mushroom caps; drizzle with melted butter.
- Broil, 6 inches from heat, 5 min. or until heated through.

## Nutrition Facts

**PROTEIN 10.97%** **FAT 27.23%** **CARBS 61.8%**

## Properties

Glycemic Index:1.4, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:3.4782608533683%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 81.32kcal (4.07%), Fat: 2.47g (3.8%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 11.93g (4.34%), Sugar: 1.64g (1.83%), Cholesterol: 0.16mg (0.05%), Sodium: 244.81mg (10.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Selenium: 8.98µg (12.82%), Vitamin B2: 0.13mg (7.4%), Vitamin B3: 1.46mg (7.32%), Folate: 29.26µg (7.31%), Vitamin B1: 0.11mg (7.16%), Manganese: 0.1mg (5.14%), Copper: 0.09mg (4.4%), Iron: 0.68mg (3.79%), Phosphorus: 36.11mg (3.61%), Vitamin B5: 0.29mg (2.93%), Fiber: 0.68g (2.74%), Potassium: 90.76mg (2.59%), Vitamin B6: 0.04mg (2.18%), Magnesium: 7.98mg (2%), Vitamin C: 1.65mg (2%), Vitamin A: 89.9IU (1.8%), Calcium: 16.86mg (1.69%), Zinc: 0.23mg (1.52%)