



Four-Cheese Stuffed-Silly Mushrooms

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



100 kcal

SIDE DISH

Ingredients

- 12 medium baby bella mushrooms (each 2 inches wide)
- 0.3 cup cream cheese fat-free room temperature
- 0.5 cup ricotta cheese fat-free
- 2 tablespoons garlic chopped
- 1 teaspoon garlic powder
- 0.3 teaspoon nutmeg
- 0.5 cup onion finely chopped
- 2 tablespoons part-skim mozzarella cheese shredded

- 0.3 teaspoon salt
- 2 teaspoons topping parmesan-style grated reduced-fat
- 1.5 cups spinach leaves roughly chopped

Equipment

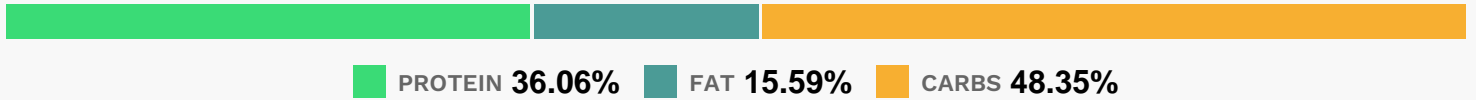
- bowl
- frying pan
- baking sheet
- oven
- stove

Directions

- Preheat the oven to 375 degrees F.
- Gently remove the stems from the mushrooms and set both the caps and the stems aside.
- Lightly spray a large baking sheet with nonstick spray.
- Place the mushroom caps on the sheet, rounded sides down.
- Bake in the oven for 12 to 14 minutes. (Afterward, do not turn the oven off.)
- Meanwhile, chop mushroom stems. Bring a large skillet sprayed with nonstick spray to medium heat on the stove.
- Add onion, chopped mushroom stems, and chopped garlic. Cook and stir until softened, about 2 minutes.
- Add spinach and continue to cook and stir until wilted. Set aside. If needed, pat dry.
- Once the mushroom caps are cool enough to handle, pat them dry until free of all excess moisture.
- In a medium bowl, combine ricotta cheese, cream cheese, nutmeg, salt, and mozzarella cheese.
- Mix well.
- Add the cooked veggie mixture, and stir until blended.
- Evenly distribute the cheese-veggie mixture among the mushroom caps. They will be super-stuffed and the mixture will be piled on top, too!

- In a small bowl, mix Parm-style topping with garlic powder.
- Sprinkle the stuffed mushrooms with this mixture.
- Bake the stuffed mushrooms in the oven for 8 to 10 minutes, until the topping begins to brown.
- Let cool slightly and enjoy!!!

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:12.887391300305%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 99.72kcal (4.99%), Fat: 1.73g (2.67%), Saturated Fat: 1g (6.24%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 10.89g (3.96%), Sugar: 4.72g (5.24%), Cholesterol: 11.37mg (3.79%), Sodium: 345.52mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.02%), Vitamin K: 54.7µg (52.09%), Selenium: 18.38µg (26.25%), Vitamin B2: 0.39mg (22.84%), Vitamin A: 1098.9IU (21.98%), Phosphorus: 203.3mg (20.33%), Calcium: 192.49mg (19.25%), Copper: 0.36mg (17.76%), Manganese: 0.3mg (15.12%), Potassium: 438.71mg (12.53%), Vitamin B3: 2.47mg (12.33%), Folate: 46.9µg (11.73%), Vitamin B5: 1.09mg (10.89%), Vitamin B6: 0.19mg (9.34%), Zinc: 1.26mg (8.41%), Vitamin C: 5.91mg (7.16%), Vitamin B1: 0.09mg (6.3%), Magnesium: 24.09mg (6.02%), Fiber: 1.19g (4.78%), Iron: 0.78mg (4.32%), Vitamin B12: 0.26µg (4.27%), Vitamin E: 0.32mg (2.16%)