



Garlic-Stuffed Mushrooms

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup unseasoned bread crumbs white
- ☐ 24 large cremini mushrooms
- ☐ 2 heads garlic separated peeled
- ☐ 1 cup heavy whipping cream
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon salt

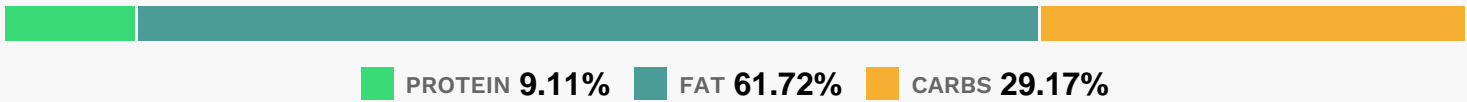
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In a small saucepan over low heat, slowly cook garlic and cream until garlic is soft enough to mash with a spoon, about 45 minutes. (Cream will be reduced and thick.)
- ☐ Remove from heat and mash garlic into cream with a fork, making a rough pure. Stir in salt and panko and mix thoroughly.
- ☐ Preheat oven to 45
- ☐ Lay mushroom caps, top side down, on an oiled baking sheet.
- ☐ Brush edges with oil and fill centers with garlic cream.
- ☐ Bake until starting to brown, about 15 minutes.
- ☐ Let sit 5 to 10 minutes. Lift mushrooms from any released liquid and arrange on plates or a platter.
- ☐ Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:11.946086874475%

Nutrients (% of daily need)

Calories: 236.48kcal (11.82%), Fat: 16.73g (25.74%), Saturated Fat: 9.55g (59.68%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 16.37g (5.95%), Sugar: 3.66g (4.07%), Cholesterol: 44.82mg (14.94%), Sodium: 535.82mg (23.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Selenium: 26.56µg (37.94%), Vitamin B2: 0.54mg (31.76%), Manganese: 0.49mg (24.57%), Copper: 0.45mg (22.64%), Vitamin B3: 4.27mg (21.33%), Vitamin B1: 0.26mg (17.24%), Phosphorus: 149.18mg (14.92%), Vitamin B5: 1.4mg (14.03%), Potassium: 435.96mg (12.46%), Vitamin A: 584.09IU (11.68%), Folate: 40.94µg (10.24%), Zinc: 1.25mg (8.31%), Calcium: 76.25mg (7.62%), Iron: 1.29mg (7.15%), Vitamin B6: 0.13mg (6.26%), Fiber: 1.42g (5.7%), Vitamin D: 0.71µg (4.76%), Magnesium: 18.73mg (4.68%), Vitamin E: 0.61mg (4.06%), Vitamin K: 3.87µg (3.68%), Vitamin B12: 0.21µg (3.44%)