



Gary's Stuffed Mushrooms

READY IN



42 min.

SERVINGS



12

CALORIES



432 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups butter
- 8 ounce cream cheese softened
- 12 servings pepper red crushed to taste
- 12 large mushrooms fresh
- 2 cloves garlic minced peeled
- 12 servings garlic powder to taste
- 0.5 pound imitation crab flaked
- 12 servings salt and pepper to taste
- 6 ounce bread stuffing mix dry flavored

Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Arrange mushroom caps on a medium baking sheet, bottoms up. Chop and reserve mushroom stems.
- Prepare chicken flavored dry stuffing mix according to package directions.
- Preheat oven to 350 degrees F (175 degrees C).
- In a medium saucepan over medium heat, melt butter.
- Mix in garlic and cook until tender, about 5 minutes.
- In a medium bowl, mix together reserved mushroom stems, prepared dry stuffing mix, cream cheese and imitation crabmeat. Liberally stuff mushrooms with the mixture.
- Drizzle with the butter and garlic. Season with salt, pepper, garlic powder and crushed red pepper.
- Bake uncovered in the preheated oven 10 to 12 minutes, or until stuffing is lightly browned.

Nutrition Facts



PROTEIN 5.06% **FAT 77.49%** **CARBS 17.45%**

Properties

Glycemic Index:12, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:8.0643477699031%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 432.21kcal (21.61%), Fat: 38.05g (58.55%), Saturated Fat: 23.45g (146.58%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 17.42g (6.33%), Sugar: 3.21g (3.56%), Cholesterol: 102.65mg (34.22%), Sodium: 837.61mg (36.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Vitamin A: 1792.61IU (35.85%), Selenium: 12.14µg (17.35%), Vitamin B2: 0.23mg (13.51%), Vitamin E: 1.88mg (12.53%), Vitamin B3: 1.94mg (9.7%), Phosphorus: 88.25mg (8.83%), Vitamin B1: 0.13mg (8.56%), Manganese: 0.17mg (8.47%), Folate: 32.54µg (8.14%), Vitamin B6: 0.15mg (7.74%), Fiber: 1.87g (7.47%), Copper: 0.15mg (7.4%), Iron: 1.21mg (6.72%), Potassium: 218.87mg (6.25%), Vitamin B5: 0.59mg (5.93%), Calcium: 51.85mg (5.18%), Vitamin K: 5.34µg (5.08%), Magnesium: 15.62mg (3.9%), Zinc: 0.56mg (3.75%), Vitamin B12: 0.12µg (1.97%)