



Gluten-Free Mushroom Pecan Appetizers

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



24

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 3 eggs
- 8 oz mushrooms fresh sliced (3 cups)
- 9 oz spinach frozen thawed chopped
- 1 teaspoon garlic powder
- 1.3 cups milk
- 1 cup onion chopped (2 medium)
- 1 cup pecans toasted chopped

- 1 teaspoon salt
- 8 oz swiss cheese shredded
- 0.8 cup frangelico gluten free
- 0.8 cup frangelico gluten free

Equipment

- bowl
- frying pan
- oven
- knife
- whisk

Directions

- Heat oven to 400F. Spray 13x9-inch pan with cooking spray. In 10-inch skillet, melt butter over medium heat.
- Add mushrooms and onions; cook about 5 minutes, stirring occasionally, until onion is tender.
- Drain.
- In pan, mix mushroom mixture, cheese, pecans and spinach; spread evenly. In medium bowl, stir all remaining ingredients with whisk or fork until blended.
- Pour into pan.
- Bake 25 to 30 minutes or until knife inserted in center comes out clean. Cool 30 minutes before serving.

Nutrition Facts

 **PROTEIN 18.62%**  **FAT 70.3%**  **CARBS 11.08%**

Properties

Glycemic Index:7.88, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:7.9217390910439%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 101.13kcal (5.06%), Fat: 8.2g (12.62%), Saturated Fat: 3.04g (18.98%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 1.95g (0.71%), Sugar: 1.4g (1.55%), Cholesterol: 33.38mg (11.13%), Sodium: 143.52mg (6.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.77%), Vitamin K: 40µg (38.1%), Vitamin A: 1408.52IU (28.17%), Manganese: 0.3mg (14.81%), Calcium: 123.01mg (12.3%), Phosphorus: 107.47mg (10.75%), Selenium: 6.55µg (9.36%), Vitamin B2: 0.14mg (8.39%), Vitamin B12: 0.41µg (6.89%), Zinc: 0.87mg (5.8%), Folate: 22.82µg (5.7%), Copper: 0.11mg (5.59%), Magnesium: 20.51mg (5.13%), Vitamin B1: 0.06mg (4.14%), Fiber: 0.96g (3.85%), Vitamin B5: 0.38mg (3.76%), Potassium: 131.61mg (3.76%), Vitamin B6: 0.07mg (3.6%), Vitamin E: 0.52mg (3.49%), Iron: 0.49mg (2.74%), Vitamin B3: 0.48mg (2.41%), Vitamin D: 0.28µg (1.85%), Vitamin C: 1.33mg (1.61%)