



Goat Cheese Stuffed Mushrooms

READY IN



45 min.

SERVINGS



24

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup breadcrumbs soft
- ☐ 24 large mushrooms fresh
- ☐ 2 tablespoons thyme leaves fresh minced
- ☐ 2 ounces goat cheese
- ☐ 0.3 cup green onions minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese divided freshly grated
- ☐ 0.3 cup pecans minced toasted
- ☐ 0.5 teaspoon pepper freshly ground

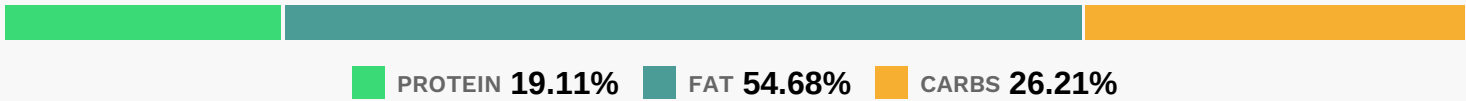
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Clean mushrooms with damp paper towels.
- ☐ Remove stems, reserving stems for another use.
- ☐ Saute mushroom caps in 1 tablespoon hot olive oil in a large skillet over medium-high heat 5 minutes.
- ☐ Remove from skillet, and drain on paper towels.
- ☐ Add green onions to skillet; saute over medium-high heat until tender.
- ☐ Remove from heat; stir in 1/3 cup Parmesan cheese and next 4 ingredients. Set aside.
- ☐ Crumble goat cheese evenly into mushroom caps. Spoon breadcrumb mixture evenly into mushroom caps over goat cheese, and sprinkle evenly with remaining Parmesan cheese. Arrange mushrooms on rack of a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat (with electric oven door partially opened) 2 to 3 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:6.29, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:3.0204348097677%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:

0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 44.75kcal (2.24%), Fat: 2.87g (4.41%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.7g (0.78%), Cholesterol: 2.9mg (0.97%), Sodium: 63.07mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.51%), Vitamin B2: 0.12mg (7.26%), Copper: 0.12mg (5.92%), Manganese: 0.12mg (5.75%), Vitamin B3: 1.03mg (5.13%), Selenium: 3.56µg (5.09%), Phosphorus: 47.76mg (4.78%), Vitamin B5: 0.4mg (3.95%), Vitamin B1: 0.05mg (3.52%), Vitamin K: 3.57µg (3.4%), Calcium: 31.05mg (3.1%), Potassium: 95.58mg (2.73%), Iron: 0.44mg (2.46%), Fiber: 0.59g (2.37%), Zinc: 0.34mg (2.29%), Vitamin C: 1.69mg (2.05%), Folate: 8.19µg (2.05%), Vitamin B6: 0.04mg (2.01%), Magnesium: 7.09mg (1.77%), Vitamin A: 84.98IU (1.7%)