



Gorgonzola- and Hazelnut-Stuffed Mushrooms

 Vegetarian

READY IN



50 min.

SERVINGS



35

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup breadcrumbs italian-style
- 0.3 cup gorgonzola crumbled
- 0.3 cup spring onion chopped
- 0.3 cup hazelnuts chopped (filberts)
- 1 pound mushrooms fresh whole
- 0.3 cup bell pepper red finely chopped
- 0.5 teaspoon salt

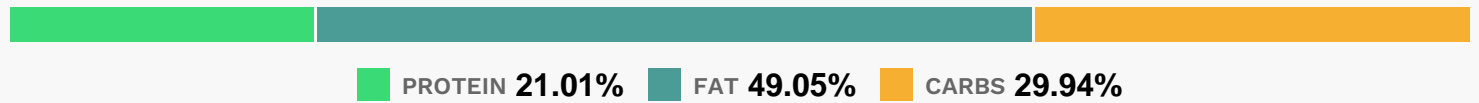
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 35
- Remove stems from mushroom caps; reserve caps. Finely chop enough stems to measure about 1/2 cup. Discard remaining stems.
- Mix chopped mushroom stems and remaining ingredients in small bowl until well blended. Spoon into mushroom caps, mounding slightly.
- Place in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch.
- Bake 15 to 20 minutes or until thoroughly heated.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.5765217484339%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 15.59kcal (0.78%), Fat: 0.92g (1.41%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.41g (0.45%), Cholesterol: 0.81mg (0.27%), Sodium: 52.05mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Vitamin B2: 0.06mg (3.63%), Manganese: 0.07mg (3.43%), Copper: 0.06mg (2.96%), Vitamin B3: 0.56mg (2.8%), Vitamin B5: 0.23mg (2.29%), Selenium: 1.58µg (2.26%), Vitamin C: 1.82mg (2.21%), Phosphorus: 19.61mg (1.96%), Vitamin B1: 0.02mg (1.65%), Vitamin K: 1.73µg (1.65%), Potassium: 55.53mg (1.59%), Folate: 5.33µg (1.33%), Vitamin B6: 0.02mg (1.23%), Fiber: 0.29g (1.15%),

Vitamin E: 0.15mg (1.03%)