



Healthified Cheese and Bacon Stuffed Mushrooms

READY IN



35 min.

SERVINGS



8

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices bacon
- 2 tablespoons balsamic vinaigrette reduced-fat
- 2 tablespoons breadcrumbs plain progresso®
- 0.3 cup alouette garlic & herbs spreadable cheese reduced-fat (from 6.5-oz container)
- 0.5 teaspoon dijon mustard
- 0.3 cup pizza cheese shredded italian reduced-fat finely
- 24 large mushrooms fresh whole ()
- 1.5 teaspoons olive oil

- 2 teaspoons parsley fresh italian chopped (flat-leaf)
- 0.5 cup onion red chopped

Equipment

- bowl
- frying pan
- paper towels
- oven

Directions

- Heat oven to 350°F.
- Remove stems from mushrooms; reserve caps. Chop enough stems to measure 3/4 cup. Discard remaining stems or reserve for another use. In large bowl, toss mushroom caps with vinaigrette; place stem sides down in ungreased 15x10x1-inch pan.
- Bake 10 minutes.
- Let stand until cool enough to handle; drain.
- Meanwhile, in 10-inch nonstick skillet, cook bacon until crisp; drain on paper towel. Crumble bacon; set aside.
- Remove and discard drippings from skillet.
- In same skillet, heat 1 teaspoon of the olive oil over medium heat.
- Add onion and chopped mushroom stems; cook 4 to 6 minutes, stirring occasionally, until onion is tender.
- In medium bowl, stir onion mixture, bacon, cheeses and mustard until well blended. Spoon mixture into mushroom caps; place filled sides up in pan. In small bowl, mix bread crumbs and remaining 1/2 teaspoon olive oil; stir in parsley.
- Sprinkle bread crumb mixture over filled mushroom caps.
- Bake 10 to 15 minutes or until thoroughly heated and cheese is melted.
- Serve warm.

Nutrition Facts



■ PROTEIN 15.32% ■ FAT 64.81% ■ CARBS 19.87%

Properties

Glycemic Index:15.38, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:5.2743478145288%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 120.3kcal (6.02%), Fat: 9.14g (14.06%), Saturated Fat: 3.06g (19.12%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 5.32g (1.93%), Sugar: 2.07g (2.31%), Cholesterol: 14.8mg (4.93%), Sodium: 155.82mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Vitamin B2: 0.29mg (17.34%), Vitamin B3: 2.89mg (14.46%), Selenium: 8.31µg (11.87%), Copper: 0.23mg (11.61%), Vitamin B5: 1.09mg (10.91%), Phosphorus: 74.64mg (7.46%), Potassium: 250.42mg (7.15%), Vitamin B1: 0.1mg (6.7%), Vitamin B6: 0.1mg (5.08%), Folate: 16.36µg (4.09%), Fiber: 0.99g (3.95%), Manganese: 0.07mg (3.51%), Zinc: 0.48mg (3.19%), Iron: 0.52mg (2.89%), Vitamin C: 2.22mg (2.7%), Magnesium: 9.11mg (2.28%), Calcium: 19.17mg (1.92%), Vitamin D: 0.16µg (1.07%), Vitamin B12: 0.06µg (1.06%), Vitamin K: 1.07µg (1.02%)