



Italian Stuffed Mushrooms

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 mushrooms fresh
- ☐ 0.3 cup parsley fresh minced
- ☐ 0.3 cup dressing italian reduced-fat
- ☐ 2 ounces part-skim mozzarella cheese shredded

Equipment

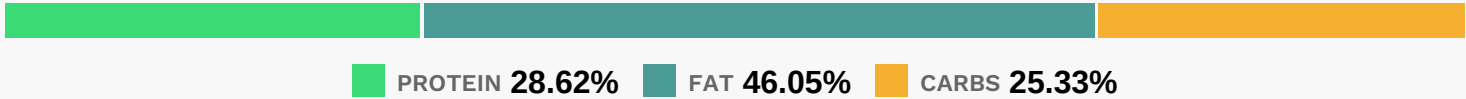
- ☐ bowl
- ☐ paper towels
- ☐ oven

- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Clean mushrooms with damp paper towels.
- ☐ Remove mushroom stems, and finely chop; set caps aside.
- ☐ Combine chopped mushroom stems, cheese, parsley, and Italian dressing in a medium bowl, stirring well. Spoon evenly into mushroom caps, and place in a shallow baking dish.
- ☐ Bake at 350 for 15 to 20 minutes or until thoroughly heated.
- ☐ Microwave Instructions: Prepare mushroom mixture as directed above. Spoon chopped mushroom mixture evenly into mushroom caps. Arrange mushroom caps in a shallow baking dish. Microwave, uncovered, at HIGH 3 to 4 minutes or until cheese melts, rotating a quarter-turn every minute.
- ☐ carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.9160869626895%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 14.08kcal (0.7%), Fat: 0.79g (1.21%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.63g (0.7%), Cholesterol: 1.21mg (0.4%), Sodium: 32.43mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin K: 9.33µg (8.88%), Vitamin B2: 0.09mg (5.1%), Vitamin B3: 0.73mg (3.67%), Copper: 0.07mg (3.26%), Selenium: 2.17µg (3.1%), Vitamin B5: 0.3mg (3.03%), Phosphorus: 26.53mg (2.65%), Potassium: 69.6mg (1.99%), Calcium: 16.32mg (1.63%), Vitamin C: 1.09mg (1.32%), Vitamin B6: 0.02mg (1.19%), Vitamin B1: 0.02mg (1.16%), Zinc: 0.16mg (1.09%), Folate: 4.33µg (1.08%), Vitamin A:

51.92IU (1.04%)