



Italian Stuffed Mushrooms

READY IN



37 min.

SERVINGS



36

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound mushrooms fresh whole
- 2 tablespoons butter
- 0.3 cup spring onion chopped (3 medium)
- 0.3 cup bell pepper red chopped
- 1.5 cups breadcrumbs soft
- 2 teaspoons seasoning italian
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 tablespoon butter

- 1 serving parmesan cheese grated

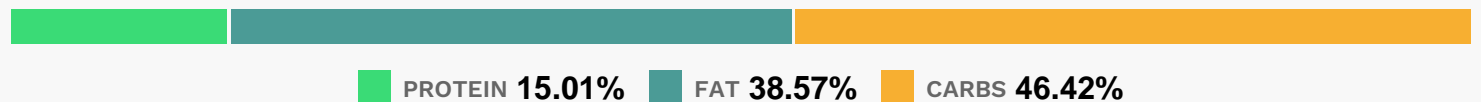
Equipment

- frying pan
- oven

Directions

- Heat oven to 350°F.
- Twist mushroom stems to remove from mushroom caps. Finely chop enough stems to measure 1/3 cup. Reserve mushroom caps.
- Melt 2 tablespoons butter in 10-inch skillet over medium-high heat. Cook chopped mushroom stems, onions and bell pepper in butter about 3 minutes, stirring frequently, until onions are softened; remove from heat. Stir in bread crumbs, Italian seasoning, salt and pepper. Fill mushroom caps with bread crumb mixture.
- Melt 1 tablespoon butter in rectangular pan, 13x9x2 inches, in oven.
- Place mushrooms, filled sides up, in pan.
- Sprinkle with cheese.
- Bake 15 minutes.
- Set oven control to Broil. Broil mushrooms with tops 3 to 4 inches from heat about 2 minutes or until tops are light brown.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:3.69, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.9982608796462%

Flavonoids

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: 33.26kcal (1.66%), Fat: 1.46g (2.25%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.54g (1.29%), Sugar: 0.59g (0.66%), Cholesterol: 0.73mg (0.24%), Sodium: 75.49mg (3.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin B2: 0.07mg (4.36%), Vitamin B3: 0.77mg (3.87%), Selenium: 2.61µg (3.73%), Vitamin B1: 0.06mg (3.68%), Manganese: 0.06mg (2.88%), Copper: 0.05mg (2.68%), Phosphorus: 24.52mg (2.45%), Vitamin K: 2.51µg (2.39%), Vitamin B5: 0.22mg (2.22%), Vitamin C: 1.72mg (2.09%), Folate: 8.2µg (2.05%), Iron: 0.34mg (1.9%), Calcium: 18.75mg (1.87%), Vitamin A: 90.23IU (1.8%), Fiber: 0.42g (1.68%), Potassium: 56.6mg (1.62%), Vitamin B6: 0.02mg (1.2%), Zinc: 0.18mg (1.17%)