



## Italian Stuffed Mushrooms

READY IN



37 min.

SERVINGS



36

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

0.3 teaspoon salt

## Equipment

frying pan

oven

## Directions

Heat oven to 350F.

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.

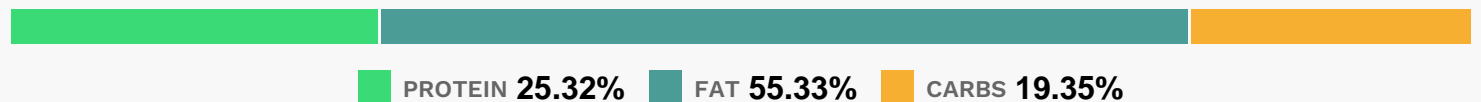
Sprinkle with cheese.

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:-3, Nutrition Score:6.21956518422%

## 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: 156.06kcal (7.8%), Fat: 9.63g (14.82%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 7.16g (2.6%), Sugar: 0.61g (0.68%), Cholesterol: 26.1mg (8.7%), Sodium: 585.9mg (25.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.83%), Calcium: 276.58mg (27.66%), Phosphorus: 209.44mg (20.94%), Selenium: 12.82µg (18.31%), Vitamin B2: 0.17mg (10.28%), Zinc: 1.44mg (9.59%), Vitamin B12: 0.43µg (7.12%), Vitamin A: 342.52IU (6.85%), Vitamin B1: 0.06mg (4.21%), Manganese: 0.08mg (4.12%), Vitamin B3: 0.8mg (3.98%), Magnesium: 14.19mg (3.55%), Copper: 0.07mg (3.26%), Vitamin B5: 0.32mg (3.17%), Potassium: 110.27mg (3.15%), Vitamin K: 3.01µg (2.87%), Iron: 0.47mg (2.62%), Folate: 9.95µg (2.49%), Vitamin B6: 0.05mg (2.38%), Vitamin C: 1.72mg (2.09%), Fiber: 0.42g (1.68%), Vitamin E: 0.23mg (1.56%), Vitamin D: 0.18µg (1.17%)