



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

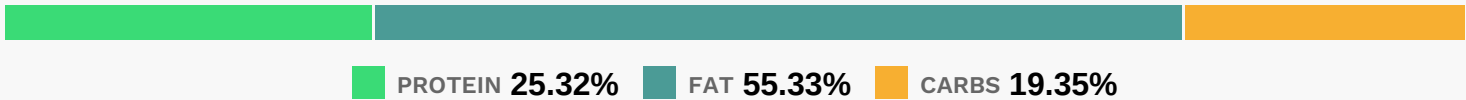
☐ frying pan

☐ 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%)