



## Mediterranean Stuffed Mushrooms

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup three cheese shredded with a touch of philadelphia kraft
- 4 oz philadelphia cream cheese softened ()
- 1 Tbsp basil fresh chopped
- 1 lb mushrooms fresh
- 1 green onion thinly sliced
- 0.3 cup oil-packed sun-dried tomatoes finely chopped
- 1 Tbsp olive oil
- 0.5 cup panko bread crumbs

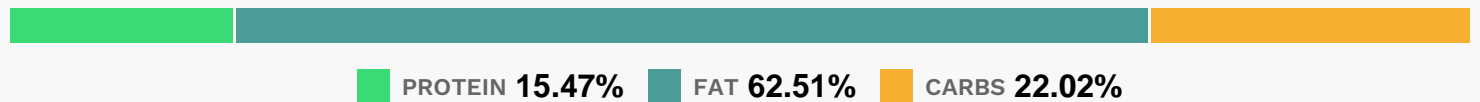
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

## Directions

- Remove stems from mushrooms; finely chop enough stems to measure 1/4 cup. Discard remaining stems or refrigerate for another use.
- Heat oil in medium skillet on medium-high heat.
- Add chopped stems and tomatoes; cook and stir 2 to 4 min. or until mushrooms are tender.
- Add bread crumbs and onions; cook and stir 1 min.
- Remove from heat; cool 10 min.
- Heat oven to 400 F. Reserve 1/4 cup crumb mixture.
- Mix cream cheese, shredded cheese and basil in medium bowl until blended. Stir in remaining crumb mixture; spoon into mushroom caps, adding about 1 Tbsp. to each.
- Place on foil-covered rimmed baking sheet; sprinkle with reserved crumb mixture.
- Bake 15 to 20 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:218, Glycemic Load:9.16, Inflammation Score:-10, Nutrition Score:55.02043471129%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 1045.7kcal (52.29%), Fat: 76.23g (117.28%), Saturated Fat: 36.4g (227.49%), Carbohydrates: 60.41g (20.14%), Net Carbohydrates: 50.73g (18.45%), Sugar: 25.93g (28.81%), Cholesterol: 171.03mg (57.01%), Sodium: 999.74mg (43.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.46g (84.91%), Vitamin B2: 2.6mg (153.13%), Selenium: 77.09µg (110.13%), Vitamin B3: 21.11mg (105.53%), Copper: 1.98mg (99.13%), Phosphorus: 925.56mg (92.56%), Vitamin B5: 8.43mg (84.32%), Potassium: 2689.51mg (76.84%), Vitamin K: 76.96µg (73.29%), Calcium: 628.14mg (62.81%), Vitamin B1: 0.85mg (56.93%), Vitamin A: 2781.38IU (55.63%), Manganese: 1.11mg (55.31%), Zinc: 6.08mg (40.53%), Folate: 161.95µg (40.49%), Fiber: 9.68g (38.72%), Iron: 6.89mg (38.26%), Vitamin B6: 0.72mg (35.95%), Magnesium: 138.97mg (34.74%), Vitamin C: 23.7mg (28.72%), Vitamin E: 3.6mg (24.02%), Vitamin B12: 1.13µg (18.91%), Vitamin D: 1.25µg (8.31%)