



Mike's Mushroom Bread

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



346 kcal

Ingredients

- 0.5 cup butter softened
- 1 pound mushrooms fresh sliced
- 3 cloves garlic minced
- 6 spring onion chopped
- 1 loaf bread crumbs italian
- 2 cups mozzarella cheese shredded

Equipment

- baking sheet
- oven

Directions

- Preheat an oven to 400 degrees F (200 degrees C).
- Slice bread in half horizontally. Using your fingers pull out most of the soft bread to form a hollow shell. Save pulled-out bread for another use.
- Mix together butter, mushrooms, cheese, green onions, and garlic.
- Spread the mixture on both cut sides of bread.
- Place the bread, cut sides up, on baking sheet.
- Bake in preheated oven until the cheese has melted, about 10 to 15 minutes.
- Cut in wedges to serve.

Nutrition Facts

PROTEIN 9.82% **FAT 65.02%** **CARBS 25.16%**

Properties

Glycemic Index:14.25, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:6.9582608575406%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 345.81kcal (17.29%), Fat: 25.31g (38.94%), Saturated Fat: 14.59g (91.16%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 20.17g (7.33%), Sugar: 12.76g (14.18%), Cholesterol: 35.08mg (11.69%), Sodium: 320.89mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Vitamin B3: 3.12mg (15.62%), Vitamin B2: 0.25mg (14.56%), Vitamin K: 13.52µg (12.88%), Phosphorus: 118.19mg (11.82%), Calcium: 103.35mg (10.33%), Selenium: 6.93µg (9.89%), Folate: 35.66µg (8.92%), Vitamin A: 422.44IU (8.45%), Vitamin B12: 0.46µg (7.61%), Fiber: 1.87g (7.48%), Potassium: 238.14mg (6.8%), Iron: 1.17mg (6.49%), Copper: 0.13mg (6.47%), Vitamin B1: 0.09mg (6.29%), Vitamin B5: 0.61mg (6.12%), Zinc: 0.86mg (5.72%), Magnesium: 15.13mg (3.78%), Vitamin B6: 0.06mg (2.97%), Vitamin C: 2.16mg (2.61%), Manganese: 0.05mg (2.28%), Vitamin E: 0.29mg (1.95%)