



Mouth-Watering Stuffed Mushrooms

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



12

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 1 tablespoon garlic minced
- 0.3 teaspoon ground pepper
- 0.3 teaspoon ground pepper black
- 12 mushrooms fresh whole
- 0.3 teaspoon onion powder
- 0.3 cup parmesan cheese grated
- 1 tablespoon vegetable oil

Equipment

- frying pan
- baking sheet
- paper towels
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray. Clean mushrooms with a damp paper towel. Carefully break off stems. Chop stems extremely fine, discarding tough end of stems.
- Heat oil in a large skillet over medium heat.
- Add garlic and chopped mushroom stems to the skillet. Fry until any moisture has disappeared, taking care not to burn garlic. Set aside to cool.
- When garlic and mushroom mixture is no longer hot, stir in cream cheese, Parmesan cheese, black pepper, onion powder and cayenne pepper.
- Mixture should be very thick. Using a little spoon, fill each mushroom cap with a generous amount of stuffing. Arrange the mushroom caps on prepared cookie sheet.
- Bake for 20 minutes in the preheated oven, or until the mushrooms are piping hot and liquid starts to form under caps.

Nutrition Facts

 **PROTEIN 10.49%** **FAT 79.85%** **CARBS 9.66%**

Properties

Glycemic Index:12.75, Glycemic Load:0.5, Inflammation Score:-2, Nutrition Score:2.6704347898131%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 90.71kcal (4.54%), Fat: 8.3g (12.77%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 2.02g (0.73%), Sugar: 1.12g (1.25%), Cholesterol: 20.9mg (6.97%), Sodium: 96.97mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.91%), Vitamin B2: 0.13mg (7.78%), Selenium: 4.32µg (6.17%), Vitamin A: 289.47IU (5.79%), Phosphorus: 51.97mg (5.2%), Vitamin B5: 0.42mg (4.19%), Calcium: 38.96mg (3.9%), Vitamin B3: 0.75mg (3.75%), Copper: 0.07mg (3.54%), Potassium: 96.86mg (2.77%), Vitamin K: 2.63µg (2.51%), Vitamin B6: 0.04mg (2.14%), Zinc: 0.3mg (2%), Vitamin E: 0.28mg (1.88%), Manganese: 0.03mg (1.55%), Vitamin B1: 0.02mg (1.52%), Folate: 5.32µg (1.33%), Vitamin B12: 0.08µg (1.3%), Magnesium: 4.58mg (1.14%)