



## Mushrooms Stuffed With Ham

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



51 kcal

SIDE DISH

### Ingredients

- 0.5 cup butter divided
- 4 ounces ham diced cooked
- 12 ounces mushrooms fresh ( 24 medium)
- 1.5 tablespoons parsley fresh minced
- 0.3 cup onion diced
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper
- 0.5 teaspoon worcestershire sauce

## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Remove stems from mushrooms, and dice. Set mushroom caps aside.
- Melt 1/4 cup butter in a skillet over low heat; add onion, and saut until tender.
- Add diced mushroom stems, and saut until tender.
- Transfer to a small bowl; stir in chopped ham and next 4 ingredients.
- Melt remaining 1/4 cup butter in skillet over medium heat; add mushroom caps, and saut until barely tender.
- Remove from pan.
- Stuff caps with ham mixture, and place on a lightly greased baking sheet. Cover and chill up to 12 hours, if desired.
- Broil 5 inches from heat (with electric oven door partially open) 6 to 8 minutes or until filling is lightly browned.

## Nutrition Facts



**PROTEIN 13.85%** **FAT 79.37%** **CARBS 6.78%**

## Properties

Glycemic Index:5.13, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:2.0482608850883%

## Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 50.91kcal (2.55%), Fat: 4.61g (7.09%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.7g (0.26%), Sugar: 0.37g (0.41%), Cholesterol: 4.66mg (1.55%), Sodium: 126.02mg (5.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin B2: 0.08mg (4.45%), Vitamin A: 202.48IU (4.05%), Vitamin K: 4.17µg (3.97%), Selenium: 2.75µg (3.93%), Phosphorus: 36.62mg (3.66%), Vitamin B3: 0.69mg (3.44%), Vitamin B5: 0.27mg (2.65%), Copper: 0.05mg (2.63%), Vitamin B1: 0.04mg (2.56%), Vitamin C: 1.88mg (2.28%), Potassium: 67.99mg (1.94%), Zinc: 0.25mg (1.63%), Vitamin B12: 0.1µg (1.6%), Calcium: 15.36mg (1.54%), Vitamin B6: 0.03mg (1.53%), Vitamin E: 0.16mg (1.05%)