



## Nut-Topped Stuffed Mushrooms

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz philadelphia cream cheese spread light softened
- 1 tsp garlic powder
- 4 green onions sliced
- 1 tsp penzey's southwest seasoning dried italian
- 0.3 cup planters nuts mixed chopped
- 8 medium portabello mushrooms
- 1 medium bell pepper red chopped

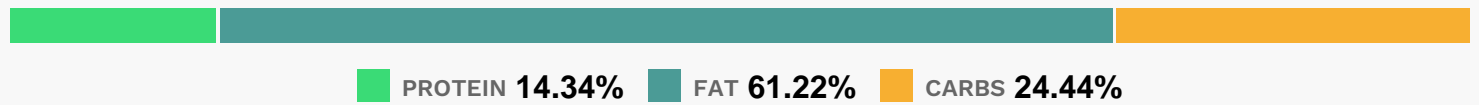
### Equipment

oven

## Directions

- Preheat oven to 350F.
- Mix cheese, red pepper, onions and seasonings.
- Spoon evenly into mushroom caps; top with nuts.
- Bake 20 minutes or until nuts are golden brown.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:12.96, Glycemic Load:0.51, Inflammation Score:-6, Nutrition Score:9.4669564936472%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 123.18kcal (6.16%), Fat: 8.82g (13.57%), Saturated Fat: 4.33g (27.03%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 5.83g (2.12%), Sugar: 3.76g (4.18%), Cholesterol: 17.58mg (5.86%), Sodium: 141.49mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Vitamin C: 20.2mg (24.48%), Selenium: 15.78µg (22.54%), Vitamin B3: 4.18mg (20.89%), Vitamin A: 799.38IU (15.99%), Copper: 0.31mg (15.44%), Vitamin K: 14.55µg (13.86%), Phosphorus: 118.32mg (11.83%), Potassium: 388.03mg (11.09%), Vitamin B5: 1.07mg (10.68%), Vitamin B6: 0.19mg (9.67%), Manganese: 0.19mg (9.32%), Folate: 37.17µg (9.29%), Fiber: 2.1g (8.38%), Vitamin B2: 0.14mg (8.08%), Calcium: 48.95mg (4.9%), Vitamin B1: 0.07mg (4.8%), Zinc: 0.69mg (4.63%), Iron: 0.68mg (3.8%), Magnesium: 14.02mg (3.5%), Vitamin E: 0.33mg (2.19%), Vitamin D: 0.25µg (1.68%)