

Nutty Stuffed Mushrooms

READY IN



30 min.

SERVINGS



20

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter
- 1 Dash ground pepper
- 0.3 teaspoon basil dried
- 0.3 cup breadcrumbs dry
- 18 mushrooms fresh
- 1 small onion chopped
- 3 tablespoons parmesan cheese grated
- 0.3 cup pecans finely chopped
- 0.3 teaspoon salt

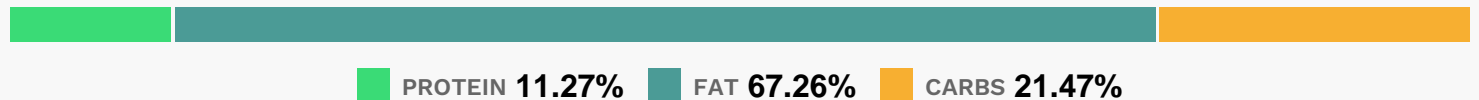
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Remove stems from mushrooms; set caps aside. Finely chop stems. In a large skillet, saute chopped mushrooms and onion in butter for 5 minutes or until liquid has evaporated.
- Remove from the heat; set aside.
- In a small bowl, combine the bread crumbs, pecans, Parmesan cheese, salt, basil and cayenne; add mushroom mixture. Stuff firmly into mushroom caps.
- Place in a greased 15-in. x 10-in. x 1-in. baking pan.
- Bake, uncovered, at 400° for 15-18 minutes or until tender.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.55, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.9243478269681%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 38.37kcal (1.92%), Fat: 3.03g (4.66%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.74g (0.63%), Sugar: 0.65g (0.72%), Cholesterol: 5.17mg (1.72%), Sodium: 66.63mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Vitamin B2: 0.08mg (4.94%), Manganese: 0.09mg (4.44%), Copper: 0.08mg (3.95%), Vitamin B3: 0.76mg (3.81%), Selenium: 2.37µg (3.38%), Vitamin B5: 0.3mg (2.98%), Phosphorus: 27.8mg (2.78%), Vitamin B1: 0.04mg (2.57%), Potassium: 72.9mg (2.08%), Fiber: 0.44g (1.75%), Zinc: 0.22mg (1.44%), Vitamin B6: 0.03mg (1.42%), Folate: 5.62µg (1.41%), Vitamin A: 61.97IU (1.24%), Calcium: 12.21mg (1.22%), Iron: 0.21mg (1.18%), Magnesium: 4.6mg (1.15%)