



Oyster and Spinach-stuffed Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained finely chopped quartered canned
- ☐ 6 tablespoons butter divided
- ☐ 2 slices bacon crumbled cooked
- ☐ 24 large mushrooms fresh
- ☐ 20 ounce pkt spinach frozen chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 8 ounce dozens oysters raw cut into 24 pieces
- ☐ 0.5 cup parmesan cheese divided grated

- ☐ 0.5 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour

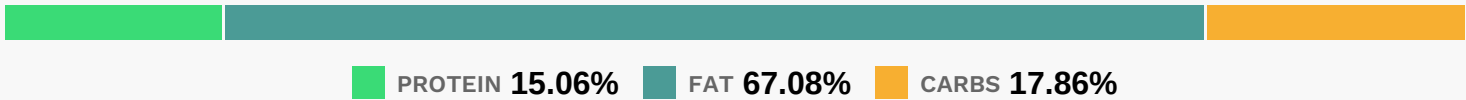
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Prepare spinach according to package directions; drain and pat dry with paper towels. Set aside.
- ☐ Remove stems from mushrooms, discarding stems.
- ☐ Melt 2 tablespoons butter in a large skillet over medium-high heat.
- ☐ Add 12 mushrooms; saut 4 minutes or until barely tender. Repeat procedure with remaining mushrooms and 2 tablespoons butter.
- ☐ Remove from skillet, and place cap-side up in a 15- x 10-inch jelly-roll pan.
- ☐ Place 1 oyster piece in each mushroom cap.
- ☐ Melt remaining 2 tablespoons butter in a large skillet over medium-high heat.
- ☐ Add artichoke and onion; saut 3 to 4 minutes or until tender.
- ☐ Remove from heat, and stir in reserved spinach, sour cream, 1/3 cup cheese, and salt. Spoon mixture evenly into mushroom caps; sprinkle with remaining cheese and crumbled bacon.
- ☐ Bake at 350 for 20 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:18.056086957455%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 146.48kcal (7.32%), Fat: 11.44g (17.6%), Saturated Fat: 6.37g (39.79%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 4.4g (1.6%), Sugar: 2.42g (2.69%), Cholesterol: 31.9mg (10.63%), Sodium: 404.34mg (17.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Vitamin K: 176.66µg (168.24%), Vitamin A: 5870.62IU (117.41%), Vitamin B2: 0.35mg (20.34%), Folate: 79.32µg (19.83%), Manganese: 0.37mg (18.73%), Selenium: 10.42µg (14.89%), Copper: 0.28mg (13.88%), Calcium: 122.79mg (12.28%), Phosphorus: 114.11mg (11.41%), Magnesium: 44.49mg (11.12%), Vitamin E: 1.65mg (11.02%), Vitamin B3: 2.09mg (10.45%), Potassium: 362.09mg (10.35%), Zinc: 1.55mg (10.32%), Fiber: 2.45g (9.81%), Vitamin B5: 0.85mg (8.45%), Vitamin B6: 0.16mg (7.81%), Iron: 1.27mg (7.06%), Vitamin B1: 0.1mg (6.52%), Vitamin C: 4.23mg (5.13%), Vitamin B12: 0.31µg (5.1%)