



Parmesan-Crusted Mushrooms

READY IN



45 min.

SERVINGS



2

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chicken broth low-sodium undiluted canned
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 small clove garlic minced
- ☐ 4 jumbo mushrooms fresh
- ☐ 0.5 teaspoon olive oil
- ☐ 1 tablespoon parmesan cheese freshly grated
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sun-dried tomato chopped
- ☐ 0.5 cup water hot

☐ 0.3 cup breadcrumbs whole wheat soft

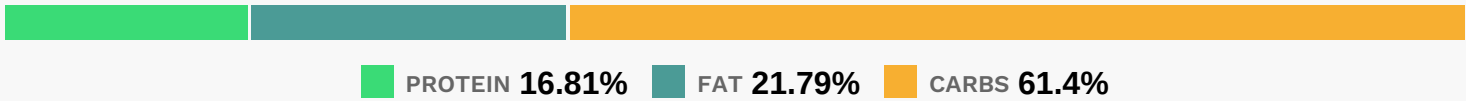
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Combine tomato and water in a small bowl; cover and let stand 15 minutes.
- ☐ Drain tomato, and set aside.
- ☐ Clean mushrooms with damp paper towels.
- ☐ Remove mushroom stems; mince stems, and set aside. Coat a medium nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add mushroom caps, and saute 5 minutes.
- ☐ Remove from skillet, and drain on paper towels; place caps on rack of a broiler pan coated with cooking spray.
- ☐ Coat a nonstick skillet with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add mushroom stems and garlic; saute until tender.
- ☐ Remove from heat; stir in tomato, breadcrumbs, and next 3 ingredients. Spoon tomato mixture into mushroom caps; sprinkle with Parmesan cheese. Broil 5 1/2 inches from heat (with electric oven door partially opened) 2 to 3 minutes or until cheese melts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:1.1, Inflammation Score:-2, Nutrition Score:6.0086956153745%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 86.14kcal (4.31%), Fat: 2.5g (3.85%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 13.41g (4.88%), Sugar: 3.15g (3.5%), Cholesterol: 2.17mg (0.73%), Sodium: 274mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Vitamin B2: 0.2mg (11.72%), Copper: 0.22mg (11.24%), Vitamin K: 11.12µg (10.59%), Vitamin B3: 2.03mg (10.15%), Fiber: 2.43g (9.71%), Iron: 1.72mg (9.57%), Potassium: 321.7mg (9.19%), Manganese: 0.16mg (8.08%), Vitamin C: 6.33mg (7.67%), Phosphorus: 73.71mg (7.37%), Selenium: 5.09µg (7.27%), Vitamin B5: 0.72mg (7.24%), Vitamin B1: 0.06mg (4.21%), Magnesium: 16.5mg (4.13%), Vitamin B6: 0.08mg (4.13%), Calcium: 37.23mg (3.72%), Vitamin A: 170.96IU (3.42%), Zinc: 0.46mg (3.09%), Folate: 11.76µg (2.94%), Vitamin E: 0.18mg (1.19%)