



PHILLY Stuffed Mushrooms

READY IN



50 min.

SERVINGS



50

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp butter melted
- 16 oz philadelphia cream cheese softened
- 24 oz mushrooms fresh
- 1 Tbsp parsley fresh chopped
- 0.1 tsp ground pepper red (cayenne)
- 0.3 cup mayonnaise
- 2 Tbsp onion minced
- 1 cup parmesan cheese grated
- 0.7 oz pkt. dressing mix italian

6 oz bread stuffing mix

Equipment

bowl

oven

baking pan

Directions

Heat oven to 350F.

Clean mushrooms.

Remove and discard stems.

Mix cream cheese, Italian dressing mix, mayonnaise, onion and Parmesan cheese; set aside.

Put stuffing mix in separate bowl.

Stuff mushrooms with the cream cheese mixture.

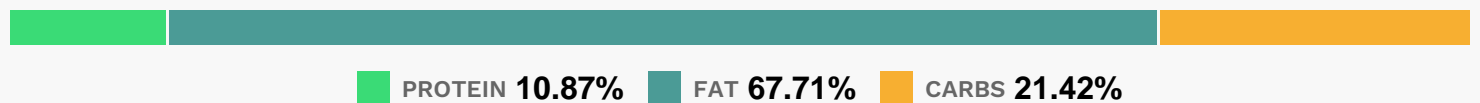
Press cream cheese side of mushrooms into the stuffing mix until well coated.

Place mushrooms, cream cheese sides up, on a baking pan, then drizzle with the melted butter.

Bake for 30 min.

Sprinkle with parsley and red pepper. Enjoy!

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:2.2652173897494%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 71.18kcal (3.56%), Fat: 5.46g (8.4%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.63g (1.32%), Sugar: 0.96g (1.07%), Cholesterol: 13.24mg (4.41%), Sodium: 128.55mg (5.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Selenium: 4.42µg (6.32%), Vitamin B2: 0.1mg (5.7%), Phosphorus: 39.56mg (3.96%), Vitamin B3: 0.7mg (3.5%), Vitamin K: 3.62µg (3.45%), Vitamin A: 169.65IU (3.39%), Calcium: 30.74mg (3.07%), Vitamin B5: 0.28mg (2.79%), Copper: 0.05mg (2.72%), Folate: 9.24µg (2.31%), Vitamin B1: 0.03mg (2.29%), Potassium: 69.15mg (1.98%), Zinc: 0.24mg (1.59%), Manganese: 0.03mg (1.51%), Vitamin B6: 0.03mg (1.35%), Iron: 0.23mg (1.26%), Vitamin E: 0.17mg (1.13%), Magnesium: 4.23mg (1.06%), Fiber: 0.26g (1.02%)