



Pork and Pancetta Stuffed Mushrooms

READY IN



45 min.

SERVINGS



30

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup breadcrumbs
- 1 pound crimini mushrooms cleaned finely chopped
- 0.5 cup wine dry white
- 1 large eggs
- 2 garlic clove smashed finely chopped
- 0.5 pound ground pork
- 30 servings kosher salt
- 30 servings olive oil extra virgin extra-virgin
- 1 onion diced finely

- 0.5 pound pancetta cut into 1/2-inch dice
- 0.5 cup parmesan grated
- 1 pinch pepper red crushed
- 1 tablespoon rosemary finely chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat the oven to 375 degrees F.
- Coat a large saute pan with olive oil, add the pancetta, and put the pan over medium-high heat. Cook until the pancetta starts to become brown and crispy.
- Add the onion and the crushed red pepper, and season with salt, to taste. Cook until the onions are very soft and aromatic, about 5 minutes.
- Add the garlic and cook for another minute. Stir in the mushroom stems and rosemary and saute until they look very brown and wilted.
- Add the white wine and cook until the wine has evaporated.
- Remove from the heat and let cool.
- In a large bowl combine the pork, egg, Parmesan, and bread crumbs.
- Add the cooled mushroom mixture and combine well. Make a little tester patty and cook it to make sure the seasoning is correct. Season with salt, if needed. If the filling seems a little dry add 1/4 to 1/2 cup of water to really moisten things up.
- Fill each mushroom cap generously with the filling. Arrange on a baking sheet and bake until the filling is cooked through and brown and crisp on top, about 7 to 8 minutes.
- Transfer to serving platters and serve hot.

Nutrition Facts



■ PROTEIN 7.45% ■ FAT 87.2% ■ CARBS 5.35%

Properties

Glycemic Index:5.63, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:4.2713043223257%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 199.79kcal (9.99%), Fat: 19.32g (29.72%), Saturated Fat: 3.89g (24.3%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.59g (0.65%), Cholesterol: 17.77mg (5.92%), Sodium: 291.97mg (12.69%), Alcohol: 0.41g (100%), Alcohol %: 0.9% (100%), Protein: 3.71g (7.43%), Vitamin E: 2.07mg (13.83%), Selenium: 8.71µg (12.44%), Vitamin K: 8.62µg (8.21%), Vitamin B1: 0.11mg (7.46%), Vitamin B2: 0.12mg (7.09%), Vitamin B3: 1.34mg (6.71%), Phosphorus: 62.24mg (6.22%), Copper: 0.09mg (4.56%), Vitamin B6: 0.08mg (4.12%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.53mg (3.54%), Potassium: 121.64mg (3.48%), Calcium: 30.81mg (3.08%), Manganese: 0.05mg (2.75%), Vitamin B12: 0.15µg (2.45%), Iron: 0.41mg (2.28%), Folate: 7.93µg (1.98%), Magnesium: 6.39mg (1.6%), Fiber: 0.27g (1.07%)