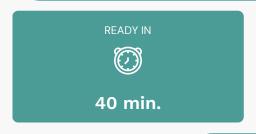


# **Pork and Pancetta Stuffed Mushrooms**







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
1 tablespoon rosemary leaves fresh finely chopped
2 cloves garlic smashed finely chopped
8 ounces ground pork
30 servings kosher salt

30 servings olive oil extra virgin extra-virgin

	1 onion diced finely	
	8 ounces pancetta cut into 1/2-inch dice	
	0.5 cup parmesan grated	
	1 pinch pepper red crushed	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	oven	
Directions		
	Watch how to make this recipe.	
	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**

### **Properties**

Glycemic Index:3.3, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:4.2513043776802%

#### **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, Epicatechin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.03mg, Naringenin: 0.03mg, Naringenin

### Nutrients (% of daily need)

Calories: 199.66kcal (9.98%), Fat: 19.31g (29.71%), Saturated Fat: 3.89g (24.28%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.59g (0.65%), Cholesterol: 17.77mg (5.92%), Sodium: 291.95mg (12.69%), Alcohol: 0.41g (100%), Alcohol %: 0.9% (100%), Protein: 3.71g (7.43%), Vitamin E: 2.07mg (13.83%), Selenium: 8.7µg (12.43%), Vitamin K: 8.62µg (8.21%), Vitamin B1: 0.11mg (7.44%), Vitamin B2: 0.12mg (7.08%), Vitamin B3: 1.34mg (6.71%), Phosphorus: 62.24mg (6.22%), Copper: 0.09mg (4.55%), Vitamin B6: 0.08mg (4.07%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.53mg (3.53%), Potassium: 121.45mg (3.47%), Calcium: 30.17mg (3.02%), Manganese: 0.05mg (2.72%), Vitamin B12: 0.15µg (2.45%), Iron: 0.39mg (2.19%), Folate: 7.8µg (1.95%), Magnesium: 6.3mg (1.57%)