

Portabella Nirvana

READY IN



50 min.

SERVINGS



4

CALORIES



395 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 20 buttery round crackers crushed
- ☐ 1 stalk celery diced
- ☐ 0.5 cup crab meat fresh canned
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.7 cup blend cheese shredded italian divided
- ☐ 1 tablespoon onion minced
- ☐ 2 large portabello mushrooms
- ☐ 8 ounce salad dressing italian-style

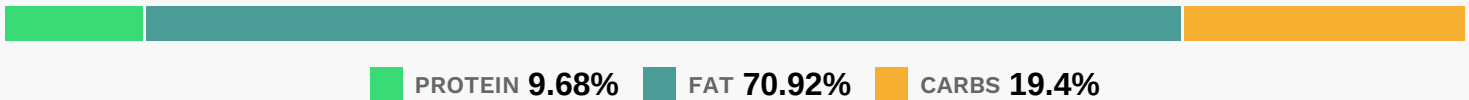
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat your oven's broiler. Clean mushrooms, and remove stems, reserving them for later. Marinate the mushroom caps in Italian dressing for 15 minutes.
- ☐ Remove from marinade, and place into a baking dish.
- ☐ Broil at least 6 inches from heat for about 10 minutes. Check occasionally to make sure they do not burn. Turn off the broiler, and preheat the oven to 400 degrees F (200 degrees C).
- ☐ Melt butter in a skillet over medium-high heat. Chop reserved mushroom stems.
- ☐ Sautee onion, garlic, mushroom stems and celery until tender.
- ☐ Add the crabmeat, and heat until cooked through, about 5 minutes.
- ☐ Transfer the skillet mixture to a medium bowl, and mix in crackers, 1/3 cup of the cheese blend, and mix until well blended. Use some of the Italian dressing marinade to hold the mixture together if necessary. Pack the crab mixture into the cavities of the mushrooms. Season with salt and pepper to taste.
- ☐ Bake for 10 minutes in the preheated oven.
- ☐ Remove from the oven, and sprinkle remaining cheese over the tops, then return to the oven for 3 minutes, or until cheese has melted.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:11.864782514779%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 394.92kcal (19.75%), Fat: 31.42g (48.34%), Saturated Fat: 12.3g (76.89%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 18.22g (6.62%), Sugar: 8.85g (9.83%), Cholesterol: 61.62mg (20.54%), Sodium: 1010.66mg (43.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.3%), Vitamin K: 43.68µg (41.6%), Selenium: 20.4µg (29.15%), Phosphorus: 208.63mg (20.86%), Vitamin B12: 1.03µg (17.21%), Vitamin E: 2.48mg (16.51%), Vitamin B3: 3.23mg (16.13%), Calcium: 151.37mg (15.14%), Copper: 0.3mg (14.84%), Vitamin A: 546.53IU (10.93%), Zinc: 1.58mg (10.57%), Vitamin B2: 0.18mg (10.31%), Folate: 37.01µg (9.25%), Potassium: 313.82mg (8.97%), Manganese: 0.18mg (8.9%), Vitamin B6: 0.17mg (8.27%), Vitamin B1: 0.12mg (7.87%), Vitamin B5: 0.78mg (7.79%), Iron: 1.16mg (6.45%), Fiber: 1.12g (4.47%), Magnesium: 17.41mg (4.35%), Vitamin C: 1.63mg (1.98%), Vitamin D: 0.2µg (1.34%)