



## Portobellos Stuffed with Crab Meat: Funghi Portobello Farci con Carne di Granchi

READY IN



165 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

### Ingredients

- 1 teaspoon butter
- 1 teaspoon crab boil seasoning
- 1 eggs
- 1 teaspoon worchestershire sauce
- 1 slices lemon tomatoes sliced for garnish
- 1 pound lump crab meat picked over for cartilage
- 1 tablespoon mayonnaise
- 1 teaspoon mustard

- 4 servings sprinkle paprika
- 4 large portabello mushrooms
- 12 saltines

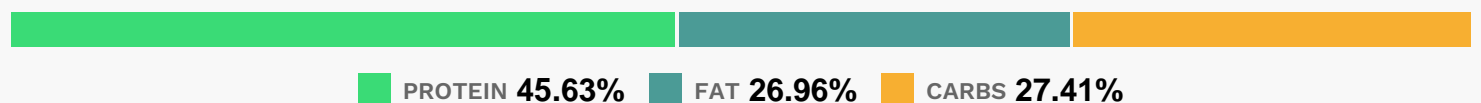
## Equipment

- bowl
- oven
- broiler

## Directions

- Place the crab into a medium bowl. In a separate bowl, combine egg, mayonnaise, mustard, crackers, crab boil seasoning, and Worcestershire sauce.
- Mix well. Gently fold mixture into the crab.
- Place crab mixture equally on top of each portobello mushroom. Top each center of the stuffing with a 1/4 teaspoon of butter. Refrigerate for 2 hours.
- Preheat oven to 380 degrees F.
- Bake for 15 minutes, then place under the broiler for 2 minutes.
- Sprinkle with paprika.
- Serve with your favorite garnish, perhaps sliced lemon, tomato or cucumber.

## Nutrition Facts



## Properties

Glycemic Index:47.38, Glycemic Load:0.98, Inflammation Score:-9, Nutrition Score:32.58434757979%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 223.55kcal (11.18%), Fat: 6.74g (10.37%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 12.35g (4.49%), Sugar: 5.77g (6.41%), Cholesterol: 92.7mg (30.9%), Sodium: 1118.04mg (48.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.33%), Vitamin B12: 10.36µg (172.67%), Vitamin C: 104.29mg (126.41%), Selenium: 61.84µg (88.34%), Copper: 1.33mg (66.27%), Zinc: 7.61mg (50.76%), Vitamin A: 2467.25IU (49.34%), Phosphorus: 392.91mg (39.29%), Vitamin B3: 6.36mg (31.82%), Folate: 126.1µg (31.52%), Vitamin B6: 0.55mg (27.34%), Potassium: 731.86mg (20.91%), Vitamin B2: 0.32mg (18.74%), Vitamin B5: 1.82mg (18.17%), Magnesium: 69.82mg (17.45%), Vitamin K: 15.81µg (15.06%), Manganese: 0.3mg (14.99%), Vitamin B1: 0.21mg (14.06%), Fiber: 3.07g (12.27%), Iron: 2.16mg (11.99%), Vitamin E: 1.57mg (10.47%), Calcium: 74.57mg (7.46%), Vitamin D: 0.48µg (3.19%)