



## RWOP Finalist: PHILLY Stuffed Mushrooms

READY IN



50 min.

SERVINGS



10

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 16 ounce philadelphia cream cheese softened
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 0.3 cup mayonnaise
- ☐ 24 ounce mushrooms
- ☐ 2 tablespoons onion minced
- ☐ 1 cup parmesan cheese grated
- ☐ 1 packet dressing mix italian

☐ 6 ounce bread stuffing mix

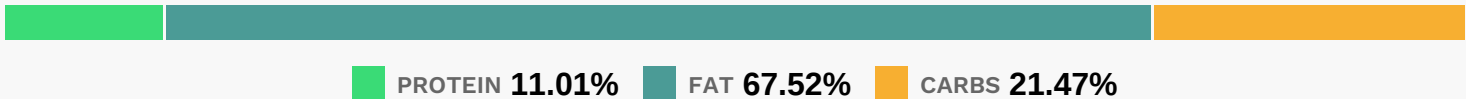
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Clean mushrooms and remove stems; set aside.
- ☐ Mix cream cheese, Italian dressing mix, mayonnaise, onion, parsley, Parmesan cheese and red pepper; 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. Enjoy!

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.23, Inflammation Score:-6, Nutrition Score:11.27478265244%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 350.94kcal (17.55%), Fat: 26.84g (41.29%), Saturated Fat: 13.71g (85.68%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 17.92g (6.52%), Sugar: 4.6g (5.11%), Cholesterol: 66.06mg (22.02%), Sodium: 623.69mg (27.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Selenium: 22.08µg (31.54%), Vitamin B2: 0.48mg (28.51%), Phosphorus: 197.52mg (19.75%), Vitamin B3: 3.5mg (17.49%), Vitamin A: 848.79IU (16.98%), Vitamin K: 17.38µg (16.55%), Calcium: 153.46mg (15.35%), Vitamin B5: 1.4mg (13.96%), Copper: 0.27mg (13.58%), Folate: 46.25µg (11.56%), Vitamin B1: 0.17mg (11.45%), Potassium: 344.33mg (9.84%), Zinc: 1.19mg (7.95%), Manganese: 0.15mg (7.53%), Vitamin B6: 0.13mg (6.71%), Iron: 1.13mg (6.26%), Vitamin E: 0.81mg (5.38%), Magnesium: 21.09mg (5.27%), Fiber: 1.28g (5.11%), Vitamin B12: 0.28µg (4.65%), Vitamin C: 2.13mg (2.58%), Vitamin D: 0.2µg (1.32%)