



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: 0g (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%)