



Seafood Stuffed Mushrooms

 Gluten Free

READY IN



90 min.

SERVINGS



24

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce cream cheese softened
- 2 pounds mushrooms fresh
- 1 dash garlic powder
- 2 ounce green onion dip mix
- 2 green onions chopped
- 0.3 pound imitation crabmeat
- 24 servings salt and pepper to taste
- 0.3 pound shrimp deveined peeled

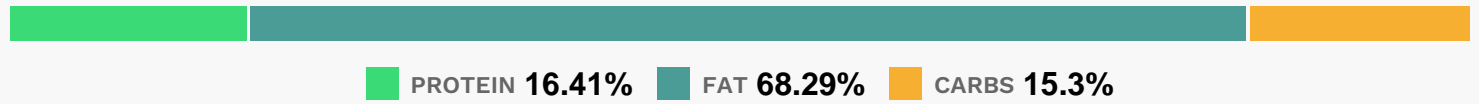
Equipment

bowl

Directions

- In a medium bowl combine the cream cheese, green onions, crab, shrimp, dip mix, garlic powder, salt and pepper.
- Mix all together and chill mixture for about 1 hour. Spoon mixture into clean mushroom caps to stuff and serve.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.61, Inflammation Score:-2, Nutrition Score:3.8191304232763%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 84.25kcal (4.21%), Fat: 6.66g (10.25%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 2.84g (1.03%), Sugar: 1.69g (1.88%), Cholesterol: 27.22mg (9.07%), Sodium: 287.74mg (12.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin B2: 0.2mg (11.65%), Selenium: 5.16µg (7.37%), Copper: 0.14mg (7.25%), Vitamin K: 7.36µg (7.01%), Vitamin B3: 1.4mg (7%), Vitamin B5: 0.68mg (6.76%), Phosphorus: 64.1mg (6.41%), Vitamin A: 287.35IU (5.75%), Potassium: 166.99mg (4.77%), Vitamin B6: 0.05mg (2.6%), Folate: 10.28µg (2.57%), Calcium: 25.03mg (2.5%), Vitamin B1: 0.04mg (2.46%), Zinc: 0.37mg (2.45%), Fiber: 0.52g (2.07%), Magnesium: 7.44mg (1.86%), Vitamin C: 1.43mg (1.73%), Iron: 0.29mg (1.59%), Manganese: 0.03mg (1.37%), Vitamin E: 0.18mg (1.23%)