



Shrimp Stuffed Mushrooms

READY IN



25 min.

SERVINGS



10

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 pound baby shrimp cooked
- 1 cup round buttery crackers crushed bacon flavored
- 1 cup cream cheese softened
- 2 pounds mushrooms
- 0.5 cup sharp cheddar cheese shredded

Equipment

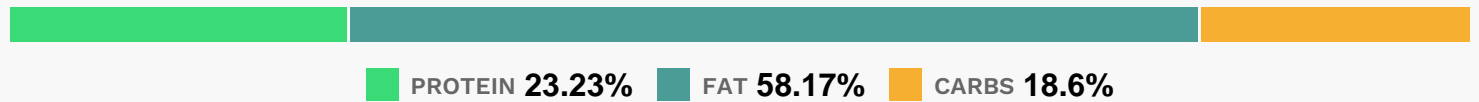
- bowl
- oven

baking pan

Directions

- Preheat oven to 425 degrees F (220 degrees C). Lightly grease a medium baking dish.
- Remove stems from mushrooms. Finely chop stems, and set aside. Arrange caps cavity side up in the baking dish.
- In a medium bowl, mix mushroom stems, cooked baby shrimp, crushed bacon flavored crackers and cream cheese.
- Stuff mushroom caps generously with the mushroom stem mixture. Top with sharp Cheddar cheese.
- Bake in the preheated oven 8 to 10 minutes, or until cheese is melted and lightly browned.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:1.03, Inflammation Score:-4, Nutrition Score:10.31869555038%

Nutrients (% of daily need)

Calories: 176.13kcal (8.81%), Fat: 11.77g (18.11%), Saturated Fat: 6.08g (38.01%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 7.42g (2.7%), Sugar: 3.16g (3.51%), Cholesterol: 71.44mg (23.81%), Sodium: 358.23mg (15.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.16%), Selenium: 22.33µg (31.91%), Vitamin B2: 0.46mg (27.22%), Phosphorus: 227.57mg (22.76%), Vitamin B3: 4.2mg (20.98%), Copper: 0.36mg (18.19%), Vitamin B5: 1.64mg (16.38%), Potassium: 368.38mg (10.53%), Calcium: 92.3mg (9.23%), Vitamin B12: 0.52µg (8.73%), Vitamin B6: 0.17mg (8.47%), Vitamin A: 422.71IU (8.45%), Zinc: 1.16mg (7.73%), Vitamin B1: 0.11mg (7.58%), Folate: 29.44µg (7.36%), Vitamin E: 0.91mg (6.03%), Magnesium: 20.36mg (5.09%), Iron: 0.83mg (4.6%), Manganese: 0.09mg (4.4%), Fiber: 1.05g (4.18%), Vitamin K: 3.71µg (3.54%), Vitamin C: 1.91mg (2.31%), Vitamin D: 0.25µg (1.66%)