



Shrimp-Stuffed Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup chicken broth fat-free low-sodium
- ☐ 1 pound mushrooms fresh
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup italian-seasoned breadcrumbs
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shrimp cooked chopped

Equipment

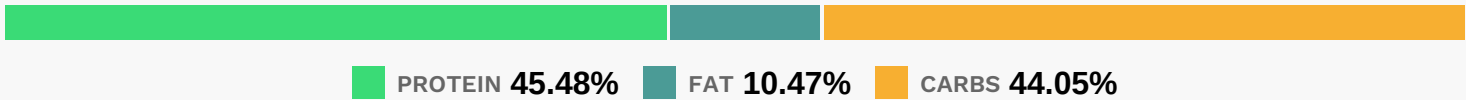
- ☐ oven

☐ broiler pan

Directions

- ☐ Remove stems from mushrooms; chop stems.
- ☐ Spray mushroom caps with butter-flavored cooking spray.
- ☐ Stir together chopped mushrooms, shrimp, and next 4 ingredients. Spoon evenly into mushroom caps; sprinkle evenly with cheese, if desired.
- ☐ Place on a lightly greased rack in a broiler pan.
- ☐ Bake at 375 for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:3.2778260626871%

Nutrients (% of daily need)

Calories: 29.72kcal (1.49%), Fat: 0.37g (0.57%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 2.99g (1.09%), Sugar: 0.95g (1.05%), Cholesterol: 15.9mg (5.3%), Sodium: 125.95mg (5.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Vitamin B2: 0.17mg (9.82%), Copper: 0.17mg (8.39%), Vitamin B3: 1.6mg (7.99%), Selenium: 4.44µg (6.35%), Phosphorus: 60.08mg (6.01%), Vitamin B5: 0.59mg (5.92%), Potassium: 155.77mg (4.45%), Vitamin B1: 0.06mg (4.2%), Manganese: 0.05mg (2.74%), Folate: 10.46µg (2.62%), Zinc: 0.38mg (2.52%), Vitamin B6: 0.05mg (2.31%), Iron: 0.41mg (2.29%), Fiber: 0.55g (2.19%), Magnesium: 8.47mg (2.12%), Vitamin K: 1.55µg (1.48%), Calcium: 13.76mg (1.38%), Vitamin C: 0.9mg (1.09%)