



Smoked Cheddar-Stuffed Mushrooms

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound button mushrooms
- ☐ 2 ounces cheddar cheese smoked diced
- ☐ 0.3 cup breadcrumbs dry
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup shallots minced (1 large)
- ☐ 1 teaspoon water

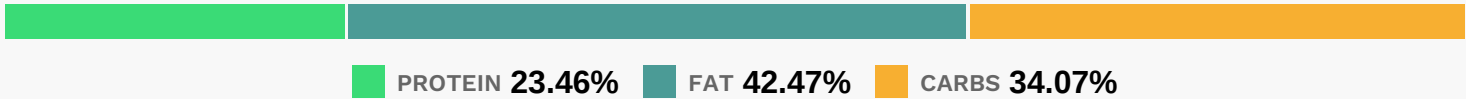
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Heat a small nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add minced shallots and minced garlic; saut 2 minutes or until tender.
- ☐ Place shallot mixture in a medium bowl.
- ☐ Remove stems from mushrooms; chop stems.
- ☐ Add chopped mushroom stems, breadcrumbs, chopped parsley, salt, freshly ground black pepper, and smoked cheddar cheese to shallot mixture; toss with a fork until blended.
- ☐ Add olive oil and 1 teaspoon water; stir well to combine.
- ☐ Spoon about 1 teaspoon filling into each mushroom cap. Arrange mushrooms, filling side up, on a baking sheet.
- ☐ Bake at 400 for 20 minutes or until filling begins to brown and cheese melts.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.3, Glycemic Load:0.65, Inflammation Score:-2, Nutrition Score:5.0004347225894%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.56kcal (2.63%), Fat: 2.64g (4.06%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 3.95g (1.43%), Sugar: 1.56g (1.73%), Cholesterol: 5.67mg (1.89%), Sodium: 176.65mg (7.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Vitamin K: 13.89µg (13.23%), Vitamin B2: 0.22mg (12.98%), Selenium: 6.62µg (9.46%), Vitamin B3: 1.85mg (9.23%), Copper: 0.16mg (8.09%), Phosphorus: 74.06mg (7.41%), Vitamin B5: 0.74mg (7.41%), Potassium: 180.65mg (5.16%), Calcium: 50.76mg (5.08%), Vitamin B1: 0.07mg (4.63%), Manganese: 0.08mg (4.17%), Vitamin B6: 0.08mg (3.97%), Folate: 15.04µg (3.76%), Zinc: 0.52mg (3.47%), Fiber: 0.82g (3.29%), Vitamin C: 2.58mg (3.13%), Iron: 0.5mg (2.8%), Vitamin A: 125.01IU (2.5%), Magnesium: 8.67mg (2.17%), Vitamin B12: 0.09µg (1.46%)