



## Stuffed Chinese Mushrooms

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



63 kcal

SIDE DISH

### Ingredients

- ☐ 24 large mushrooms
- ☐ 0.3 cup onion chopped
- ☐ 1 teaspoon ginger grated
- ☐ 4 cloves garlic finely chopped
- ☐ 3 tablespoons fat-skimmed beef broth fat-free dry reduced-sodium
- ☐ 0.3 pound shrimp cooked finely chopped
- ☐ 6 water chestnuts whole canned finely chopped
- ☐ 0.3 cup ham finely chopped

- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon sesame oil

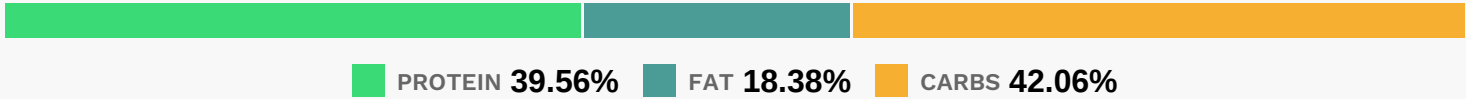
## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wok

## Directions

- ☐ Set oven control to broil.
- ☐ Remove stems from mushroom caps; set stems aside.
- ☐ Place mushroom caps, stem sides down, in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch. Broil with tops about 4 inches from heat about 8 minutes or until mushrooms begin to release moisture.
- ☐ Remove mushrooms from pan; drain on paper towels. Finely chop mushroom stems.
- ☐ Spray nonstick wok or 12-inch skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble.
- ☐ Add onion, gingerroot, garlic and sherry. Cook about 6 minutes, stirring frequently, until onion is tender. Stir in
- ☐ chopped mushroom stems and remaining ingredients.
- ☐ Heat through.
- ☐ Place mushroom caps, stem sides up, in ungreased jelly roll pan. Spoon shrimp mixture into caps, mounding slightly. Spray lightly with nonstick cooking spray. Broil with tops 4 inches from heat about 5 minutes or until shrimp mixture is light brown.

## Nutrition Facts



## Properties

Glycemic Index:17, Glycemic Load:0.79, Inflammation Score:-2, Nutrition Score:6.6908695205398%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 62.77kcal (3.14%), Fat: 1.38g (2.12%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 5.85g (2.13%), Sugar: 2.13g (2.37%), Cholesterol: 25.53mg (8.51%), Sodium: 121.23mg (5.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Vitamin B2: 0.31mg (18.13%), Copper: 0.31mg (15.32%), Vitamin B3: 3mg (15.02%), Selenium: 8.7µg (12.43%), Phosphorus: 111.73mg (11.17%), Vitamin B5: 1.11mg (11.12%), Potassium: 308.92mg (8.83%), Vitamin B1: 0.12mg (8.19%), Vitamin K: 8.51µg (8.11%), Vitamin B6: 0.14mg (6.83%), Manganese: 0.11mg (5.73%), Zinc: 0.77mg (5.15%), Fiber: 1.26g (5.03%), Folate: 18.2µg (4.55%), Iron: 0.79mg (4.37%), Vitamin C: 3.22mg (3.9%), Magnesium: 15.42mg (3.85%), Calcium: 23.21mg (2.32%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.17µg (1.12%)