



Stuffed Fungus Cups

READY IN



45 min.

SERVINGS



16

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 48 peas fresh whole white ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter melted
- ☐ 8 oz cream cheese softened
- ☐ 9 oz spinach green frozen thawed chopped giant®
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 0.5 cup panko bread crumbs crispy progresso®
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon salt

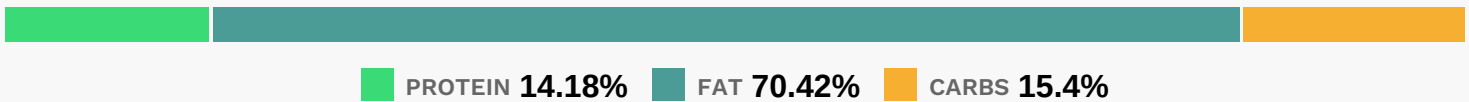
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Remove stems from mushroom caps; reserve caps. Discard stems. In large bowl, mix cream cheese, spinach, 1/2 cup of the Parmesan cheese, the salt and both peppers until well blended. Spoon into mushroom caps, mounding slightly.
- ☐ Place mushrooms in ungreased 17x12-inch half-sheet pan.
- ☐ In small bowl, mix remaining 1/2 cup Parmesan cheese, the bread crumbs and butter.
- ☐ Sprinkle bread crumb mixture over filled mushroom caps, pressing lightly.
- ☐ Bake 20 to 22 minutes or until thoroughly heated.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.46, Glycemic Load:0.33, Inflammation Score:-8, Nutrition Score:7.9017391859189%

Nutrients (% of daily need)

Calories: 103.1kcal (5.15%), Fat: 8.24g (12.68%), Saturated Fat: 4.16g (25.98%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.33g (1.21%), Sugar: 0.93g (1.03%), Cholesterol: 19.75mg (6.58%), Sodium: 268.74mg (11.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.47%), Vitamin K: 60.66µg (57.77%), Vitamin A: 2206.55IU (44.13%), Calcium: 94.48mg (9.45%), Manganese: 0.15mg (7.66%), Folate: 28.77µg (7.19%), Selenium: 4.89µg (6.99%), Phosphorus: 69.44mg (6.94%), Vitamin B2: 0.1mg (6.01%), Vitamin E: 0.68mg (4.54%), Magnesium: 17.35mg (4.34%), Zinc: 0.5mg (3.31%), Vitamin B1: 0.05mg (3.09%), Fiber: 0.73g (2.92%), Potassium: 97.86mg (2.8%), Iron: 0.48mg (2.69%), Vitamin C: 2.09mg (2.54%), Vitamin B6: 0.05mg (2.42%), Vitamin B12: 0.12µg (2.06%), Copper: 0.04mg (1.93%), Vitamin B3: 0.29mg (1.44%), Vitamin B5: 0.13mg (1.31%)