



## Stuffed Morel Mushrooms

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



302 kcal

SIDE DISH

### Ingredients

- ☐ 8 ounce cream cheese at room temperature
- ☐ 1 teaspoon green onion finely chopped to taste
- ☐ 8 ounce imitation crabmeat minced
- ☐ 6 large morel mushrooms fresh
- ☐ 2 cups vegetable oil for frying or as needed
- ☐ 0.3 cup breading mix crispy dry frymix® (such as Drake's )
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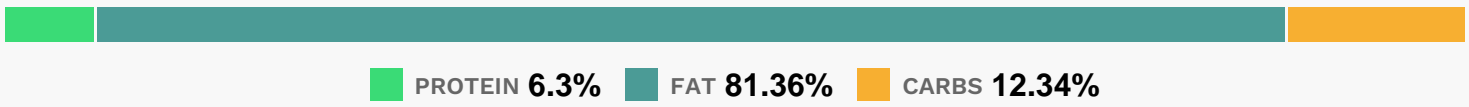
### Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ ziploc bags
- ☐ colander

## Directions

- ☐ Gently clean whole morel mushrooms of dirt and grit; place mushrooms, stem sides down, in a colander and drain for about 5 minutes.
- ☐ Trim bottoms of the hollow stems, so the hole is big enough for filling.
- ☐ Mix cream cheese, crabmeat, and green onion in a bowl until evenly combined.
- ☐ Spoon mixture into a heavy resealable plastic bag. Force the cream cheese mixture into a corner of the bag.
- ☐ Cut a small snip off the corner of the bag.
- ☐ Insert cut tip of the plastic bag into the hollow stem of each mushroom and fill the mushrooms with the cream cheese mixture.
- ☐ Place dry breading mix in a shallow bowl.
- ☐ Roll the stuffed mushrooms in the dry mix; tap off excess breading.
- ☐ Heat vegetable oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- ☐ Deep-fry the stuffed mushrooms until the breading is golden brown and the mushrooms are tender, 3 to 4 minutes. Allow to drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:15.17, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:4.8821739871865%

## Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 302.3kcal (15.11%), Fat: 27.61g (42.48%), Saturated Fat: 9.86g (61.63%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 8.64g (3.14%), Sugar: 2.75g (3.06%), Cholesterol: 42.34mg (14.11%), Sodium: 333.88mg (14.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin K: 28.21µg (26.87%), Vitamin A: 510.97IU (10.22%), Vitamin E: 1.52mg (10.1%), Iron: 1.62mg (9%), Vitamin B2: 0.11mg (6.69%), Phosphorus: 65.59mg (6.56%), Selenium: 3.54µg (5.05%), Vitamin D: 0.66µg (4.39%), Copper: 0.09mg (4.39%), Calcium: 42.45mg (4.25%), Manganese: 0.08mg (4.02%), Fiber: 0.79g (3.14%), Zinc: 0.45mg (3.01%), Potassium: 103.83mg (2.97%), Vitamin B5: 0.27mg (2.72%), Vitamin B6: 0.04mg (1.95%), Vitamin B3: 0.33mg (1.63%), Magnesium: 5.92mg (1.48%), Vitamin B12: 0.08µg (1.39%), Vitamin B1: 0.02mg (1.19%), Folate: 4.78µg (1.19%)