

Taste of Home

Stuffed Mushroom Caps

READY IN



30 min.

SERVINGS



24

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 large mushrooms fresh
- 6 tablespoons butter
- 0.8 cup breadcrumbs dry
- 1 envelope onion soup mix
- 0.5 cup almonds sliced
- 0.3 cup parmesan shredded

Equipment

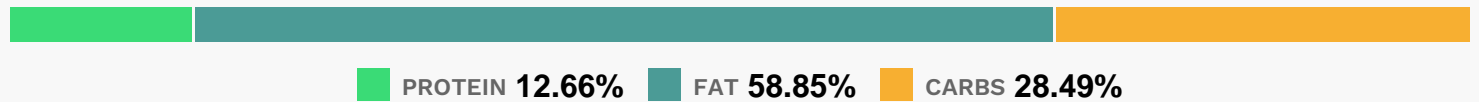
- frying pan

- oven
- baking pan

Directions

- Remove stems from mushrooms and finely chop; set caps aside. In a skillet, saute chopped mushrooms in butter until tender, about 6–8 minutes.
- Remove from the heat; stir in the bread crumbs, soup mix and almonds. Stuff firmly into mushroom caps.
- Place in a greased 15x10x1-in. baking pan; sprinkle with cheese.
- Bake, uncovered, at 425° for 12–15 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:4.96, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.9995652022569%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 63.55kcal (3.18%), Fat: 4.33g (6.66%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 3.98g (1.45%), Sugar: 0.84g (0.93%), Cholesterol: 8.23mg (2.74%), Sodium: 198.92mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.19%), Vitamin B2: 0.14mg (8.07%), Vitamin B3: 1.15mg (5.76%), Copper: 0.11mg (5.39%), Selenium: 3.42µg (4.89%), Manganese: 0.1mg (4.85%), Phosphorus: 46.15mg (4.62%), Vitamin B1: 0.06mg (4.03%), Vitamin B5: 0.39mg (3.95%), Vitamin E: 0.58mg (3.88%), Potassium: 107.62mg (3.07%), Fiber: 0.73g (2.93%), Calcium: 27.58mg (2.76%), Magnesium: 10.22mg (2.56%), Folate: 8.54µg (2.14%), Iron: 0.38mg (2.11%), Vitamin B6: 0.04mg (2.07%), Vitamin A: 95.87IU (1.92%), Zinc: 0.28mg (1.86%)