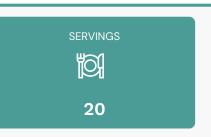


## **Stuffed Mushrooms**







ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

0.3 teaspoon pepper black
0.3 cup celery finely chopped
0.3 cup parsley fresh chopped
2 garlic cloves finely chopped
2 tablespoons olive oil
1 cup onion finely chopped
O.E. topography average deited and

0.5 teaspoon oregano dried crumbled

0.5 cup parmigiano-reggiano finely grated

0.5 teaspoon salt

	2 tablespoons butter unsalted
	3 slices sandwich bread white firm
Εα	uipment
—٩ □	food processor
	bowl
ᆜ	frying pan
Ш	oven
	baking pan
Dii	rections
	Preheat oven to 400°F.
	Tear bread into pieces and pulse to coarse crumbs in a food processor.
	Transfer to a bowl and toss with oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
	Spread in a shallow baking pan and bake in middle of oven until golden, 6 to 8 minutes, then transfer to a bowl.
	Pull stems from mushroom caps (to create space for stuffing) and finely chop stems. Put mushroom caps, stemmed sides down, in a lightly oiled large shallow baking pan and bake in middle of oven until mushrooms exude liquid, about 10 minutes, then remove from oven.
	While mushroom caps are baking, melt butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté chopped stems, stirring, until golden, about 5 minutes.
	Add onion, celery, garlic, oregano, and remaining 1/4 teaspoon salt and 1/8 teaspoon pepper and sauté, stirring occasionally, until onion is golden, about 5 minutes. Cool vegetables slightly, then add to bread crumbs along with cheese and parsley and toss well.
	Turn mushroom caps over, then mound mushroom filling in mushroom caps, pressing gently (there will be some filling left over).
	Bake in middle of oven until mushrooms are tender and stuffing is golden brown, about 20 minutes.

# **Nutrition Facts**

### **Properties**

Glycemic Index:12.99, Glycemic Load:1.55, Inflammation Score:-2, Nutrition Score:1.9652173894903%

#### **Flavonoids**

Apigenin: 1.65mg, Apigenin: 1.65mg, Apigenin: 1.65mg, Apigenin: 1.65mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin:

#### Nutrients (% of daily need)

Calories: 46.63kcal (2.33%), Fat: 3.34g (5.13%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.61g (0.95%), Sugar: 0.59g (0.65%), Cholesterol: 4.71mg (1.57%), Sodium: 118.07mg (5.13%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 1.4g (2.81%), Vitamin K: 14.05µg (13.38%), Calcium: 42.73mg (4.27%), Phosphorus: 25.55mg (2.56%), Vitamin A: 124.57IU (2.49%), Manganese: 0.05mg (2.32%), Selenium: 1.54µg (2.2%), Vitamin C: 1.72mg (2.09%), Folate: 7.63µg (1.91%), Vitamin E: 0.27mg (1.79%), Vitamin B1: 0.03mg (1.69%), Iron: 0.25mg (1.37%), Vitamin B2: 0.02mg (1.3%), Fiber: 0.3g (1.2%), Vitamin B3: 0.21mg (1.07%), Vitamin B6: 0.02mg (1.06%)