

Stuffed Mushrooms

READY IN



45 min.

SERVINGS



20

CALORIES



47 kcal

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
- ☐ 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

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ 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: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

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: 0g (0%), Alcohol %: 0% (0%), 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%)