



## Stuffed Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons clams canned minced drained
- 3 ounces cream cheese
- 2 tablespoons bread crumbs dry
- 2 tablespoons parsley fresh chopped
- 1 clove garlic chopped
- 1 teaspoon penzey's southwest seasoning italian
- 0.3 cup mozzarella cheese grated
- 0.7 cup parmesan grated
- 4 servings salt and pepper

- 2 tablespoons butter salted
- 16 oz mushrooms white

## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350F.
- Remove stems from all mushrooms; set aside 20 mushroom caps. Chop and combine mushroom stems and remaining whole mushrooms.
- Melt butter over medium heat.
- Add chopped mushrooms, salt, pepper and garlic and cook, stirring, for 5 minutes.
- Place in a bowl; stir in 1/3 cup Parmesan, cream cheese, clams, bread crumbs, Italian seasoning and 1 Tbsp. parsley.
- Fill mushroom caps with clam mixture.
- Pour 3 Tbsp. water into a baking dish and place mushrooms in a single layer; sprinkle with mozzarella and remaining Parmesan.
- Bake until tender, 30 minutes.
- Sprinkle with remaining parsley.

## Nutrition Facts



**PROTEIN 21.59%** **FAT 63.88%** **CARBS 14.53%**

## Properties

Glycemic Index:64.25, Glycemic Load:1.54, Inflammation Score:-6, Nutrition Score:16.005217458891%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol:

0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 275.34kcal (13.77%), Fat: 20.18g (31.05%), Saturated Fat: 12g (75.03%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 8.68g (3.16%), Sugar: 3.63g (4.04%), Cholesterol: 58.56mg (19.52%), Sodium: 680.94mg (29.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.35g (30.7%), Vitamin B2: 0.62mg (36.41%), Vitamin K: 37.71µg (35.91%), Selenium: 22.57µg (32.24%), Phosphorus: 303.92mg (30.39%), Vitamin B12: 1.79µg (29.79%), Calcium: 295.87mg (29.59%), Vitamin B3: 4.6mg (22.98%), Copper: 0.4mg (19.9%), Vitamin B5: 1.98mg (19.76%), Vitamin A: 864.06IU (17.28%), Potassium: 448.11mg (12.8%), Zinc: 1.61mg (10.71%), Vitamin B1: 0.16mg (10.7%), Vitamin B6: 0.17mg (8.61%), Iron: 1.51mg (8.41%), Folate: 33.37µg (8.34%), Manganese: 0.16mg (7.92%), Magnesium: 28.26mg (7.06%), Fiber: 1.65g (6.61%), Vitamin C: 5.29mg (6.41%), Vitamin E: 0.6mg (3.98%), Vitamin D: 0.35µg (2.32%)