



Stuffed Mushrooms Casino

READY IN



45 min.

SERVINGS



24

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bacon bits
- ☐ 0.5 cup butter melted
- ☐ 16 ounce clams with juice reserved minced drained canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 24 large mushrooms fresh
- ☐ 3 cloves garlic minced peeled
- ☐ 0.3 cup green onions chopped
- ☐ 24 servings ground pepper black to taste
- ☐ 1 optional: lemon for garnish cut into wedges,

- ☐ 0.3 cup romano cheese grated
- ☐ 0.5 cup seasoned bread crumbs
- ☐ 1 teaspoon penzey's southwest seasoning italian-style
- ☐ 0.3 cup cooking sherry

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking sheet.
- ☐ Remove stems from mushrooms. Reserve and chop approximately 1/
- ☐ Arrange mushroom caps in a single layer on the prepared baking sheet so that the edges of the caps touch one another. Set aside.
- ☐ In a small saucepan over medium heat, melt 1/2 cup butter.
- ☐ Place reserved, chopped mushroom stems in the pan, and slowly cook and stir until soft. Stir in the flour to coat mushroom stems.
- ☐ Mix in green onions, sherry, minced clams and 1/2 their reserved juice (discard remainder), garlic, bread crumbs, pepper, Italian-style seasoning and bacon bits. Continue cooking approximately 3 minutes, until all ingredients are well mixed.
- ☐ Remove from heat and stir in Romano cheese. Allow mixture to cool approximately 5 minutes.
- ☐ Fill the mushroom caps generously with the mixture.
- ☐ Drizzle with melted butter.
- ☐ Bake in the preheated oven 20 to 25 minutes, until lightly browned.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:3.91130438447%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 86.47kcal (4.32%), Fat: 5.76g (8.86%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.02g (1.46%), Sugar: 0.8g (0.89%), Cholesterol: 12.49mg (4.16%), Sodium: 171.04mg (7.44%), Alcohol: 0.34g (100%), Alcohol %: 0.88% (100%), Protein: 3.69g (7.38%), Vitamin B12: 0.42µg (7.02%), Vitamin B2: 0.12mg (7.01%), Selenium: 4.43µg (6.34%), Copper: 0.11mg (5.71%), Vitamin B3: 1.12mg (5.59%), Phosphorus: 55.23mg (5.52%), Vitamin B1: 0.08mg (5.31%), Vitamin K: 5.09µg (4.85%), Fiber: 1.09g (4.38%), Vitamin C: 3.41mg (4.13%), Folate: 15.74µg (3.94%), Vitamin B5: 0.39mg (3.92%), Manganese: 0.07mg (3.54%), Vitamin E: 0.51mg (3.41%), Calcium: 32.21mg (3.22%), Vitamin A: 154.11IU (3.08%), Potassium: 106.32mg (3.04%), Magnesium: 10.63mg (2.66%), Iron: 0.45mg (2.49%), Vitamin B6: 0.05mg (2.29%), Zinc: 0.32mg (2.16%)