

Stuffed Mushrooms II

READY IN



40 min.

SERVINGS



10

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups breadcrumbs fresh
- 4 tablespoons butter
- 6 ounce crabmeat drained canned
- 0.3 cup cream cheese softened
- 1 eggs lightly beaten
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon pepper black
- 1 pound mushrooms
- 0.3 cup onion minced

- 0.5 teaspoon salt
- 1.5 tablespoons vegetable oil

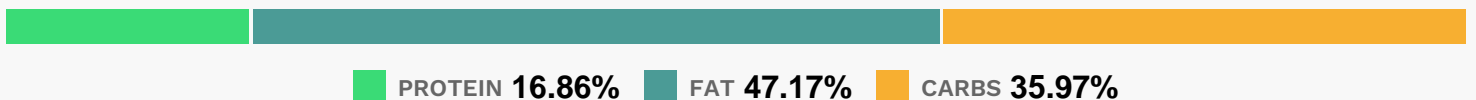
Equipment

- frying pan
- baking sheet
- oven
- mixing bowl
- pastry brush

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a cookie sheet.
- Clean mushrooms and remove stems. Chop enough stem to yield one cup. Use a pastry brush to brush the caps with vegetable oil.
- In a skillet, melt 2 tablespoons butter or margarine.
- Add chopped stems and onion to the hot butter.
- Saute the mixture for 4 minutes, remove it from the heat and let cool.
- In a large mixing bowl, combine the mushroom-onion mixture, crabmeat, cream cheese, egg, 1 cup bread crumbs, parsley, salt, and pepper. Spoon the mixture into the mushroom caps. Arrange the caps on the prepared cookie sheet.
- In a small skillet, melt the remaining butter and add the remaining bread crumbs to the melted butter. Once the bread crumbs are coated lightly sprinkle them over the mushroom caps.
- Bake for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:10.427826135055%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 195.77kcal (9.79%), Fat: 10.39g (15.98%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 16.3g (5.93%), Sugar: 2.65g (2.94%), Cholesterol: 50.64mg (16.88%), Sodium: 433.11mg (18.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.71%), Selenium: 18.88µg (26.97%), Vitamin B2: 0.32mg (18.95%), Vitamin K: 18.97µg (18.07%), Vitamin B3: 3.56mg (17.82%), Copper: 0.35mg (17.27%), Vitamin B1: 0.26mg (17.03%), Phosphorus: 132.28mg (13.23%), Manganese: 0.25mg (12.37%), Vitamin B12: 0.72µg (12.02%), Folate: 44.23µg (11.06%), Vitamin B5: 1.08mg (10.83%), Zinc: 1.3mg (8.69%), Iron: 1.5mg (8.35%), Potassium: 256.5mg (7.33%), Calcium: 68mg (6.8%), Vitamin A: 308IU (6.16%), Fiber: 1.53g (6.13%), Vitamin B6: 0.12mg (5.82%), Magnesium: 21.53mg (5.38%), Vitamin E: 0.73mg (4.89%), Vitamin C: 2.87mg (3.48%), Vitamin D: 0.18µg (1.19%)