



## Stuffed Mushrooms With Pecans

READY IN



28 min.

SERVINGS



28

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 28 servings garnish: basil sprigs fresh
- 0.3 cup breadcrumbs dry fine
- 2 tablespoons basil fresh chopped
- 16 oz mushrooms fresh ( 24 medium-size mushrooms)
- 2 garlic cloves minced
- 2 medium leeks
- 2 tablespoons olive oil
- 0.5 cup parmesan cheese grated
- 0.3 cup pecans chopped

- 1 teaspoon salt divided
- 2 shallots minced

## Equipment

- bowl
- frying pan
- oven
- wire rack
- aluminum foil

## Directions

- Preheat oven to 350
- Remove and discard root ends and dark green tops of leeks. Thinly slice leeks, and rinse thoroughly under cold running water to remove grit and sand.
- Rinse mushrooms, and pat dry.
- Remove and discard stems.
- Place mushrooms, upside down, on a wire rack in an aluminum foil-lined jelly-roll pan.
- Sprinkle with 1/2 tsp. salt; invert mushrooms.
- Bake at 350 for 15 minutes.
- Saut leeks, shallots, and garlic in hot oil in a large skillet over medium heat 3 to 5 minutes or until tender.
- Transfer mixture to a large bowl. Stir in 1/4 cup Parmesan cheese, next 3 ingredients, and remaining 1/2 tsp. salt until well combined. Spoon 1 heaping teaspoonful leek mixture into each mushroom cap.
- Sprinkle with remaining 1/4 cup Parmesan cheese.
- Bake at 350 for 10 minutes or until golden.
- Garnish, if desired.

## Nutrition Facts



■ PROTEIN 15.4% ■ FAT 54.06% ■ CARBS 30.54%

## Properties

Glycemic Index:9.79, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:3.0317391351513%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 35.81kcal (1.79%), Fat: 2.28g (3.51%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.81g (0.9%), Cholesterol: 1.55mg (0.52%), Sodium: 123.8mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin K: 12.63µg (12.02%), Manganese: 0.12mg (6.1%), Vitamin B2: 0.08mg (4.73%), Vitamin A: 235.04IU (4.7%), Copper: 0.08mg (4.17%), Selenium: 2.53µg (3.61%), Vitamin B3: 0.71mg (3.55%), Phosphorus: 34.12mg (3.41%), Vitamin B5: 0.28mg (2.81%), Calcium: 27.31mg (2.73%), Folate: 10.23µg (2.56%), Potassium: 84.93mg (2.43%), Vitamin B6: 0.05mg (2.41%), Vitamin B1: 0.03mg (2.32%), Iron: 0.39mg (2.17%), Vitamin C: 1.71mg (2.07%), Fiber: 0.5g (2%), Magnesium: 7.15mg (1.79%), Zinc: 0.25mg (1.67%), Vitamin E: 0.24mg (1.63%)