



Stuffed Mushrooms with Pecorino and Herbs

READY IN



45 min.

SERVINGS



28

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bread crumbs dried italian-style
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 garlic cloves minced peeled
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons parsley leaves fresh italian chopped
- ☐ 0.5 cup pecorino cheese grated
- ☐ 28 servings salt and pepper black freshly ground
- ☐ 28 large mushrooms white stemmed

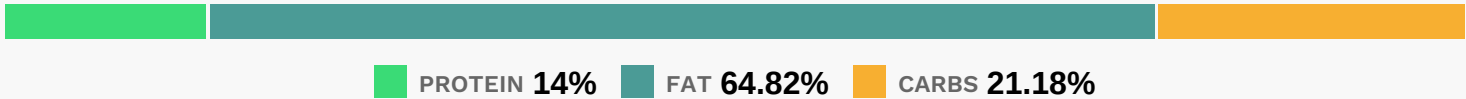
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Stir the bread crumbs, Pecorino Romano, garlic, parsley, mint, salt and pepper, to taste, and 2 tablespoons olive oil in a medium bowl to blend.
- ☐ Drizzle a heavy large baking sheet with about 1 tablespoon olive oil, to coat. Spoon the filling into the mushroom cavities and arrange on the baking sheet, cavity side up.
- ☐ Drizzle remaining oil over the filling in each mushroom.
- ☐ Bake until the mushrooms are tender and the filling is heated through and golden on top, about 25 minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:2.4830434814743%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 43.12kcal (2.16%), Fat: 3.24g (4.99%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 2.01g (0.73%), Sugar: 0.59g (0.66%), Cholesterol: 1.86mg (0.62%), Sodium: 37.02mg (1.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.15%), Vitamin B2: 0.11mg (6.35%), Vitamin K: 6.57µg (6.25%), Vitamin B3: 0.97mg (4.85%), Selenium: 2.92µg (4.17%), Copper: 0.08mg (4.08%), Phosphorus: 37.32mg

(3.73%), Vitamin B5: 0.37mg (3.67%), Vitamin B1: 0.04mg (2.59%), Vitamin E: 0.38mg (2.54%), Calcium: 24.9mg (2.49%), Manganese: 0.05mg (2.39%), Potassium: 83.27mg (2.38%), Folate: 6.76µg (1.69%), Vitamin B6: 0.03mg (1.56%), Iron: 0.28mg (1.54%), Fiber: 0.37g (1.48%), Zinc: 0.2mg (1.35%), Vitamin C: 0.99mg (1.2%), Magnesium: 4.14mg (1.04%)