



Stuffed Mushrooms with Swiss Cheese

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 1 tablespoon flour all-purpose
- 12 large mushrooms fresh
- 0.3 cup parsley fresh chopped
- 0.5 cup heavy whipping cream
- 0.5 cup onion chopped
- 12 servings salt and pepper to taste
- 0.5 cup swiss cheese shredded

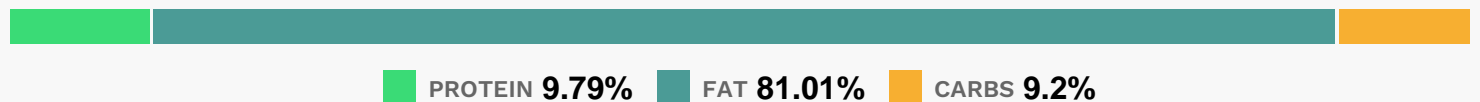
Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- Remove stems from mushrooms. Finely chop stems and set aside. Arrange caps hollow side up in the baking dish.
- Drizzle with 5 tablespoons melted butter, and salt and pepper to taste.
- Melt 1/4 cup butter in a medium saucepan over medium heat. Stir in the mushroom stems and onions, and cook 5 minutes, or until tender. Gradually blend in flour and heavy cream until smooth.
- Remove from heat.
- Mix in parsley.
- Generously stuff mushroom caps with the mixture. Top with Swiss cheese.
- Bake 15 to 20 minutes in the preheated oven, or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:0.68, Inflammation Score:-3, Nutrition Score:4.0039130449295%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 95.76kcal (4.79%), Fat: 8.91g (13.71%), Saturated Fat: 5.55g (34.67%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.88g (0.68%), Sugar: 1.04g (1.16%), Cholesterol: 25.56mg (8.52%), Sodium: 237.33mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Vitamin K: 21.24µg (20.23%), Vitamin A: 406.74IU (8.13%), Vitamin B2: 0.13mg (7.79%), Selenium: 4.09µg (5.84%), Phosphorus: 55.83mg (5.58%), Calcium: 51.89mg (5.19%), Vitamin B3: 0.9mg (4.51%), Vitamin B5: 0.41mg (4.1%), Copper: 0.08mg (4.09%), Vitamin C: 2.7mg (3.27%), Potassium: 104.26mg (2.98%), Vitamin B12: 0.17µg (2.82%), Zinc: 0.37mg (2.49%), Folate: 9.16µg (2.29%), Vitamin B1: 0.03mg (2.03%), Vitamin B6: 0.04mg (2%), Vitamin E: 0.24mg (1.61%), Fiber: 0.4g (1.61%), Magnesium: 5.78mg (1.44%), Iron: 0.25mg (1.41%), Vitamin D: 0.2µg (1.36%), Manganese: 0.03mg (1.32%)