



Stuffed Portobello Mushroom Caps

READY IN



40 min.

SERVINGS



12

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bread crumbs italian-style
- ☐ 3 tablespoons butter melted
- ☐ 1.5 cups crab meat
- ☐ 1 eggs beaten
- ☐ 3 tablespoons milk
- ☐ 1 cup panko bread crumbs (Japanese bread crumbs)
- ☐ 0.5 cup parmesan cheese grated
- ☐ 12 portobello mushroom caps
- ☐ 0.5 cup mozzarella cheese shredded

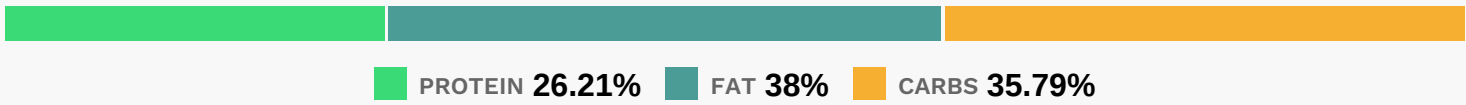
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix crabmeat, Italian-style bread crumbs, panko, Parmesan cheese, mozzarella cheese, egg, milk, and butter in a bowl until thick yet pliable enough to shape. Divide and roll into 12 1-inch balls.
- ☐ Gently press the balls into the mushroom caps and press to spread into a rounded mound atop the mushroom.
- ☐ Bake in preheated oven until heated through and golden on top, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:12.458695453146%

Nutrients (% of daily need)

Calories: 155.55kcal (7.78%), Fat: 6.68g (10.28%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 12.43g (4.52%), Sugar: 3.21g (3.57%), Cholesterol: 37.75mg (12.58%), Sodium: 416.91mg (18.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.73%), Selenium: 30.28µg (43.26%), Vitamin B12: 2.2µg (36.71%), Vitamin B3: 4.95mg (24.75%), Copper: 0.47mg (23.72%), Phosphorus: 214.63mg (21.46%), Zinc: 2.28mg (15.2%), Vitamin B1: 0.2mg (13.35%), Vitamin B2: 0.23mg (13.26%), Folate: 50.15µg (12.54%), Vitamin B5: 1.2mg (12.03%), Potassium: 398.78mg (11.39%), Calcium: 105.71mg (10.57%), Manganese: 0.2mg (10%), Vitamin B6: 0.19mg (9.32%), Fiber: 1.72g (6.89%), Iron: 1.16mg (6.47%), Magnesium: 19.66mg (4.92%), Vitamin A: 185.97IU (3.72%), Vitamin D: 0.41µg (2.71%), Vitamin C: 1.47mg (1.78%), Vitamin K: 1.37µg (1.3%), Vitamin E: 0.18mg (1.2%)