



 **10%**
HEALTH SCORE

Sun Dried Tomato Stuffed Mushrooms

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 ounces mushrooms white
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- 0.5 Cup breadcrumbs divided
- 1 roasted peppers diced red finely
- 1 cloves roasted garlic roughly chopped (12)
- 2 Tbsp kalamata olives diced
- 1 medium onion diced finely
- 3 Tbsp sun-dried olives diced finely
- 1 tbsp olive oil

- 0.3 cup mozzarella cheese grated
- 0.3 cup provolone cheese grated
- 0.3 cup asiago cheese grated
- 1 tbsp parmesan
- 1 tbsp pecorino cheese
- 1 pinch pepper red
- 1 tsp oregano dried
- 2 tbsp mozzarella cheese for topping
- 8 oz cream cheese

Equipment

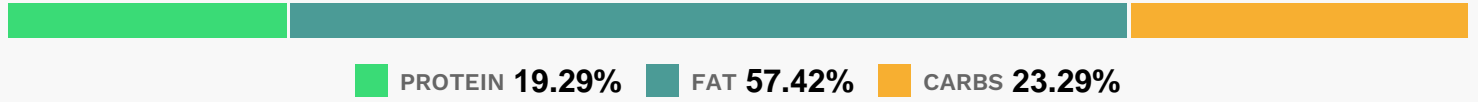
- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350
- Clean mushrooms and remove the stems. Lightly oil mushroom caps and place on a greased cookie sheet. Finely dice mushroom stems, set aside.
- In a large bowl combine cream cheese, cheeses, half the dried bread crumbs, red pepper flakes and dried oregano. Stir until well combined. Salt and pepper to taste. Set aside.
- Over medium heat, saut onions in olive oil until translucent.
- Add diced mushroom stems and continue to saut for one minute. Stir in roasted garlic, olives, roasted red peppers, and sun-dried tomatoes Cook until thoroughly heated.
- Add sauted vegetables to the reserved cream cheese mixture. Stir to combine.
- Scoop one tablespoon of mixture into prepared mushroom caps.
- Sprinkle with remaining bread crumbs and mozzarella cheese.
- Bake in the oven for 20-25 minutes until browned.
- Let stand 5 minutes before serving.

Serves 8

Nutrition Facts



Properties

Glycemic Index:43.13, Glycemic Load:2.32, Inflammation Score:-6, Nutrition Score:16.080869565217%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 247.22kcal (12.36%), Fat: 16.68g (25.67%), Saturated Fat: 8.57g (53.56%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 12.53g (4.56%), Sugar: 6.3g (7%), Cholesterol: 40.36mg (13.45%), Sodium: 387.04mg (16.83%), Protein: 12.61g (25.22%), Vitamin B2: 0.84mg (49.45%), Vitamin B3: 6.87mg (34.34%), Selenium: 22.98µg (32.83%), Copper: 0.61mg (30.48%), Vitamin B5: 2.86mg (28.57%), Phosphorus: 277.07mg (27.71%), Potassium: 703.29mg (20.09%), Calcium: 176.02mg (17.6%), Vitamin B1: 0.23mg (15.55%), Vitamin B6: 0.25mg (12.47%), Manganese: 0.23mg (11.3%), Folate: 45.15µg (11.29%), Zinc: 1.67mg (11.12%), Vitamin A: 553.69IU (11.07%), Fiber: 2.7g (10.79%), Vitamin C: 7.6mg (9.21%), Iron: 1.64mg (9.13%), Magnesium: 31.72mg (7.93%), Vitamin B12: 0.43µg (7.17%), Vitamin K: 4.74µg (4.51%), Vitamin E: 0.68mg (4.51%), Vitamin D: 0.41µg (2.74%)