



Surf 'N Earth

READY IN



75 min.

SERVINGS



16

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 large cremini mushrooms
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 cup parsley fresh roughly chopped
- ☐ 3 cloves garlic
- ☐ 1 juice of lemon finely grated
- ☐ 16 servings kosher salt
- ☐ 16 servings kosher salt and pepper freshly ground
- ☐ 16 servings lemon wedges for serving
- ☐ 8 ounces lump crab meat picked over

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup panko bread crumbs Japanese breadcrumbs
- ☐ 16 servings pepper freshly ground
- ☐ 1 shallots minced
- ☐ 12 tablespoons butter unsalted at room temperature

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Make the garlic butter: Pulse the garlic in a food processor until chopped.
- ☐ Add the butter, lemon zest, lemon juice, parsley, 1 teaspoon salt and 1/2 teaspoon pepper; pulse until smooth. Chill at least 30 minutes.
- ☐ Prepare the mushrooms: Preheat the oven to 400 degrees F. Toss the mushrooms with 1 tablespoon olive oil and season with salt. Fill each mushroom with 1 heaping teaspoon of the garlic butter (reserve the remaining garlic butter for the crab filling). Arrange the mushrooms snugly in a baking dish and bake until tender, about 15 minutes.
- ☐ Meanwhile, heat the remaining 1 tablespoon olive oil in a skillet over medium heat.
- ☐ Add the shallot and crabmeat; cook until the shallot is soft, about 3 minutes. Stir in the wine and cook until slightly reduced, about 1 minute. Stir in the reserved garlic butter (about 1/3 cup) until melted. Season with salt and pepper.
- ☐ Remove from the heat and push the crab mixture to one side of the skillet; let any excess juices collect.
- ☐ Remove the mushrooms from the oven and preheat the broiler. Stuff the mushrooms with the crab mixture. Toss the panko with the juices in the skillet; sprinkle over the mushrooms. Broil until golden, about 2 minutes. Squeeze lemon wedges on top.
- ☐ Photograph by Charles Masters

Nutrition Facts

 **PROTEIN 11.87%**  **FAT 79.33%**  **CARBS 8.8%**

Properties

Glycemic Index:10.28, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:8.483043546262%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 118.11kcal (5.91%), Fat: 10.47g (16.1%), Saturated Fat: 5.67g (35.44%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.2g (0.8%), Sugar: 0.68g (0.75%), Cholesterol: 28.53mg (9.51%), Sodium: 517.96mg (22.52%), Alcohol: 0.39g (100%), Alcohol %: 0.8% (100%), Protein: 3.52g (7.05%), Vitamin K: 63.55µg (60.52%), Vitamin B12: 1.32µg (21.95%), Selenium: 10.82µg (15.46%), Copper: 0.25mg (12.29%), Vitamin A: 582.69IU (11.65%), Vitamin C: 7.54mg (9.13%), Zinc: 1.15mg (7.65%), Vitamin B2: 0.12mg (6.9%), Phosphorus: 64.23mg (6.42%), Vitamin B3: 1.05mg (5.23%), Folate: 19.34µg (4.84%), Potassium: 158.52mg (4.53%), Manganese: 0.08mg (4.05%), Vitamin B5: 0.4mg (3.97%), Vitamin E: 0.53mg (3.55%), Vitamin B6: 0.06mg (3.21%), Magnesium: 12.45mg (3.11%), Iron: 0.51mg (2.85%), Vitamin B1: 0.04mg (2.74%), Calcium: 22.54mg (2.25%), Fiber: 0.41g (1.63%), Vitamin D: 0.18µg (1.18%)