

# Tex Mex Stuffed Mushrooms

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup cheese light shredded divided kraft
- 3 tablespoons cilantro leaves finely chopped
- 12 mushrooms fresh
- 1 clove garlic minced
- 1 tablespoon salad dressing italian kraft
- 1 small onion finely chopped
- 0.5 cup bell pepper red finely chopped
- 1 tablespoon taco seasoning

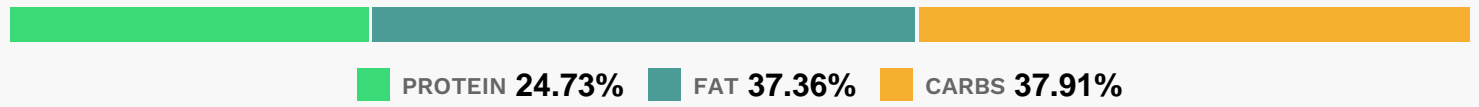
# Equipment

- frying pan
- oven

# Directions

- Heat oven to 400 degrees F.
- Remove stems from mushrooms; chop stems.
- Heat dressing in medium skillet on medium heat.
- Add stems, onions, peppers and garlic; cook and stir 5 min. or until onions and peppers are crisp-tender. Stir in cilantro, seasoning mix and 2 Tbsp. cheese.
- Spoon into mushroom caps; place in single layer in shallow pan.
- Bake 15 min.; top with remaining cheese.
- Bake 5 min. or until mushrooms are tender and filling is heated through.

# Nutrition Facts



# Properties

Glycemic Index:15, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:2.5408695508604%

# Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

# Nutrients (% of daily need)

Calories: 18.93kcal (0.95%), Fat: 0.86g (1.33%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.49g (0.54%), Sugar: 1.1g (1.22%), Cholesterol: 1.84mg (0.61%), Sodium: 44.59mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.57%), Vitamin C: 9mg (10.91%), Vitamin B2: 0.09mg (5.55%), Vitamin A: 237.01IU (4.74%), Vitamin B3: 0.8mg (3.98%), Copper: 0.07mg (3.42%), Selenium: 2.35µg (3.36%), Vitamin B5: 0.33mg (3.32%), Phosphorus: 29.37mg (2.94%), Potassium: 89.49mg (2.56%), Vitamin B6: 0.05mg (2.54%), Fiber: 0.48g (1.91%), Folate: 7.6µg (1.9%), Vitamin B1: 0.02mg (1.58%), Calcium: 14.83mg (1.48%),

Manganese: 0.03mg (1.48%), Zinc: 0.2mg (1.35%), Vitamin K: 1.35µg (1.28%), Vitamin B12: 0.06µg (1.02%)