



Texas Stuffed Mushrooms

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bacon bits
- 0.7 cup barbeque sauce
- 8 ounce cream cheese softened
- 8 ounce mushrooms fresh
- 3 tablespoons steak sauce

Equipment

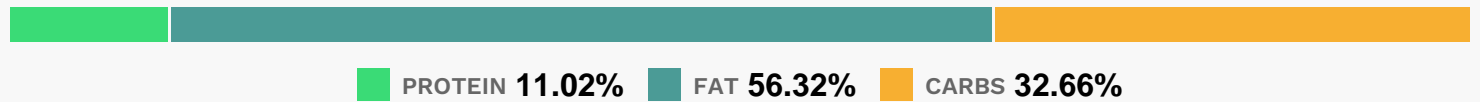
- bowl
- oven

baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x13 inch baking dish.
- In a medium bowl, mix together cream cheese, barbeque sauce and steak sauce.
- Arrange mushroom caps in the baking dish, and stuff each cap with equal portions of the cream cheese mixture.
- Sprinkle with bacon bits.
- Bake 10 to 15 minutes in the preheated oven, or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:4.9065217868142%

Nutrients (% of daily need)

Calories: 186.99kcal (9.35%), Fat: 11.93g (18.35%), Saturated Fat: 6.05g (37.82%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 14.23g (5.17%), Sugar: 10.09g (11.21%), Cholesterol: 28.63mg (9.54%), Sodium: 559.59mg (24.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Vitamin B2: 0.2mg (11.81%), Vitamin A: 450.71IU (9.01%), Selenium: 5.98µg (8.54%), Copper: 0.16mg (8.14%), Phosphorus: 77.38mg (7.74%), Vitamin B3: 1.36mg (6.81%), Vitamin E: 1.01mg (6.75%), Vitamin B5: 0.63mg (6.25%), Potassium: 211.14mg (6.03%), Vitamin B1: 0.08mg (5.42%), Fiber: 1.34g (5.35%), Calcium: 44.75mg (4.48%), Folate: 17.69µg (4.42%), Magnesium: 16.18mg (4.05%), Vitamin B6: 0.08mg (3.75%), Zinc: 0.49mg (3.25%), Manganese: 0.06mg (2.81%), Vitamin B12: 0.16µg (2.71%), Iron: 0.46mg (2.53%), Vitamin C: 1.26mg (1.53%), Vitamin K: 1.15µg (1.09%)