



## The Best Stuffed Mushrooms

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 slices bacon
- 8 ounce cream cheese softened
- 2 dashes pepper black
- 1 pound mushrooms
- 2 tablespoons parmesan cheese grated
- 3 drops worcestershire sauce

### Equipment

- bowl

- frying pan
- paper towels
- oven
- baking pan

## Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Place the bacon in a large, deep skillet and cook over medium-high heat, turning occasionally, until crisp and evenly browned, about 10 minutes.
- Drain the bacon slices on a paper towel-lined plate; crumble the drained bacon into a bowl. Stir in the cream cheese, 2 tablespoons Parmesan cheese, Worcestershire sauce, and pepper until evenly mixed. Spoon the filling into the mushroom caps and place into an 8x8-inch baking dish.
- Sprinkle with the remaining 2 tablespoons of Parmesan cheese.
- Bake in the preheated oven until the mushrooms are tender and the filling is golden brown, 25 to 30 minutes.

## Nutrition Facts

**PROTEIN 12.52%** **FAT 77.56%** **CARBS 9.92%**

## Properties

Glycemic Index:15.17, Glycemic Load:1.15, Inflammation Score:-4, Nutrition Score:7.4526086734689%

## Nutrients (% of daily need)

Calories: 203.04kcal (10.15%), Fat: 18.1g (27.85%), Saturated Fat: 9.4g (58.74%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.37g (1.59%), Sugar: 2.97g (3.3%), Cholesterol: 46.89mg (15.63%), Sodium: 231.02mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.15%), Vitamin B2: 0.41mg (23.93%), Selenium: 13.09µg (18.71%), Vitamin B3: 3.21mg (16.07%), Vitamin B5: 1.42mg (14.18%), Phosphorus: 132.69mg (13.27%), Copper: 0.26mg (12.9%), Vitamin A: 528.35IU (10.57%), Potassium: 323.58mg (9.25%), Vitamin B1: 0.1mg (6.76%), Vitamin B6: 0.13mg (6.57%), Calcium: 56.23mg (5.62%), Zinc: 0.79mg (5.26%), Manganese: 0.08mg (4.24%), Folate: 16.45µg (4.11%), Fiber: 0.84g (3.36%), Magnesium: 12.74mg (3.19%), Vitamin B12: 0.19µg (3.18%), Iron: 0.53mg (2.95%), Vitamin E: 0.39mg (2.62%), Vitamin C: 1.65mg (2%), Vitamin D: 0.2µg (1.36%), Vitamin K: 1.37µg (1.31%)