



The Ultimate Stuffed Mushroom

READY IN



35 min.

SERVINGS



20

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp butter
- 20 mushrooms fresh
- 0.5 tsp penzey's southwest seasoning dried italian
- 2 Tbsp onions and peppers red finely chopped
- 2 Tbsp parmesan cheese grated kraft
- 14 ritz crackers crushed finely

Equipment

- frying pan

baking sheet

oven

Directions

Heat oven to 400F.

Remove stems from mushrooms. Finely chop enough stems to measure 1/4 cup. Discard remaining stems or refrigerate for another use.

Melt butter in large skillet on medium heat.

Add chopped stems, onions and peppers; cook and stir 5 min. or until tender. Stir in cracker crumbs, cheese and seasoning; spoon into mushroom caps.

Place on baking sheet.

Bake 15 min. or until heated through.

Nutrition Facts

 **PROTEIN 11.08%**  **FAT 63.6%**  **CARBS 25.32%**

Properties

Glycemic Index:5.7, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.6860869643481%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 32.63kcal (1.63%), Fat: 2.43g (3.73%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.61g (0.68%), Cholesterol: 5.01mg (1.67%), Sodium: 42.02mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin B2: 0.09mg (5.23%), Vitamin B3: 0.83mg (4.15%), Copper: 0.07mg (3.35%), Vitamin B5: 0.31mg (3.13%), Selenium: 2.16µg (3.09%), Phosphorus: 26.97mg (2.7%), Potassium: 69.56mg (1.99%), Vitamin B1: 0.03mg (1.75%), Vitamin K: 1.49µg (1.42%), Folate: 5.3µg (1.33%), Manganese: 0.02mg (1.24%), Vitamin B6: 0.02mg (1.21%), Iron: 0.22mg (1.2%), Vitamin A: 58.34IU (1.17%), Fiber: 0.28g (1.14%)