



Tuna Stuffed Mushrooms

 Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce albacore tuna in water flaked drained canned
- 0.3 teaspoon onion dried minced
- 2 tablespoons mayonnaise
- 0.3 teaspoon onion powder
- 10 servings salt and pepper to taste
- 1.5 teaspoons relish sweet
- 2 ounce swiss cheese diced
- 8 ounce mushrooms fresh white cleaned

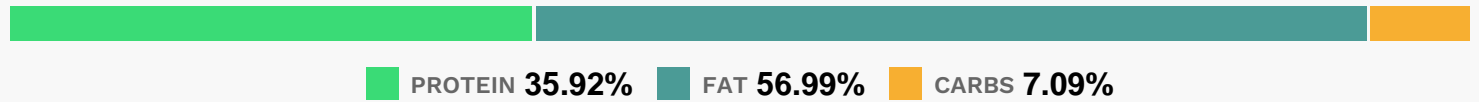
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Combine the tuna, mayonnaise, dried onion, onion powder, sweet relish, Swiss cheese, salt, and pepper in a large bowl. Fill mushroom caps with the tuna mixture; place on baking sheet.
- Bake in preheated oven until the mushrooms are soft, and begin to give up their juices, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:4.2078261401342%

Nutrients (% of daily need)

Calories: 69.66kcal (3.48%), Fat: 4.44g (6.83%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.73g (0.81%), Cholesterol: 13.59mg (4.53%), Sodium: 293.46mg (12.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.59%), Selenium: 15.07µg (21.53%), Vitamin B3: 1.81mg (9.06%), Phosphorus: 90.19mg (9.02%), Vitamin B2: 0.12mg (6.87%), Vitamin B12: 0.38µg (6.38%), Calcium: 54.4mg (5.44%), Vitamin K: 5.7µg (5.43%), Copper: 0.08mg (4.18%), Vitamin B5: 0.39mg (3.92%), Potassium: 119.74mg (3.42%), Vitamin B6: 0.07mg (3.36%), Zinc: 0.46mg (3.05%), Vitamin D: 0.39µg (2.61%), Magnesium: 9.77mg (2.44%), Vitamin E: 0.28mg (1.85%), Iron: 0.3mg (1.69%), Vitamin B1: 0.02mg (1.43%), Folate: 5.09µg (1.27%), Vitamin A: 61.44IU (1.23%), Fiber: 0.25g (1.02%)