

Crab-Stuffed Mushrooms

The Essential Appetizers Cookbook (1999)

Whitecap Books

Yield: 24 appetizers

24 small cap mushrooms
1 ounce butter, softened
4 spring onions, chopped
1 can (6-1/2 ounce) crab meat, drained
2 tablespoons lemon juice
1/2 teaspoon chili powder
freshly ground pepper (to taste)
1 cup sour cream
3/4 ounce Parmesan cheese, grated
4 ounces Cheddar cheese, grated
pinch paprika

Preparation Time: 25 minutes

Cook Time: 6 minutes

Preheat the oven to 350 degrees.

Remove the mushroom stems. Chop finely and set aside. Place the mushroom caps on a baking tray.

In a bowl, combine the butter, spring onion, crab, lemon juice, chili powder and freshly ground pepper.

Mix in the mushroom stems, sour cream and Parmesan. Spoon even amounts into the mushroom caps. Sprinkle with the combined Cheddar and paprika.

Bake for 5 to 6 minutes or until the Cheddar has melted and the mushroom are heated through.

Serve warm.

Per Serving (excluding unknown items): 1414 Calories; 117g Fat (73.8% calories from fat); 74g Protein; 20g Carbohydrate; 2g Dietary Fiber; 420mg Cholesterol; 1928mg Sodium. Exchanges: 0 Grain(Starch); 9 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 19 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1414	Vitamin B6 (mg):	.3mg
% Calories from Fat:	73.8%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	5.5%	Thiamin B1 (mg):	.2mg

% Calories from Protein: 20.6%
Total Fat (g): 117g
Saturated Fat (g): 73g
Monounsaturated Fat (g): 33g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 420mg
Carbohydrate (g): 20g
Dietary Fiber (g): 2g
Protein (g): 74g
Sodium (mg): 1928mg
Potassium (mg): 1205mg
Calcium (mg): 1570mg
Iron (mg): 3mg
Zinc (mg): 10mg
Vitamin C (mg): 32mg
Vitamin A (i.u.): 4714IU
Vitamin A (r.e.): 1235 1/2RE

Riboflavin B2 (mg): 1.0mg
Folacin (mcg): 149mcg
Niacin (mg): 3mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 9
Vegetable: 1
Fruit: 0
Non-Fat Milk: 1/2
Fat: 19 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1414 **Calories from Fat:** 1044

% Daily Values*

Total Fat	117g	180%
Saturated Fat	73g	363%
Cholesterol	420mg	140%
Sodium	1928mg	80%
Total Carbohydrates	20g	7%
Dietary Fiber	2g	8%
Protein	74g	
Vitamin A		94%
Vitamin C		53%
Calcium		157%
Iron		18%

* Percent Daily Values are based on a 2000 calorie diet.