

Breadcrumb Stuffed Mushroom

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mushroom-and-swiss-stuffed-bread>

Ingredients:

- 6 mushrooms large
- 2 slices bread fresh, pulsed to breadcrumb in a food processor
- 2 tablespoons breadcrumb Italian, in a pinch Japanese Panko bread crumbs work too
- 1 garlic clove small, minced well
- 1 onion small, minced well, about ¼ cup or less will do
- ¼ cup parsley or Cilantro chopped fine, I prefer Cilantro over Parsley
- ¼ cup Parmesan cheese grated
- 2 tablespoons mozzarella cheese grated
- ¼ cup olive oil
- salt
- pepper

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 290 milligrams
9. Sugar: 2 grams

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