AMERICAN · SNACK

Pecan and Parmesan Stuffed Mushrooms

40 min · Makes 10 × 2 stuffed mushrooms · 110 kcal a portion · Video 7:01 · Downshiftology

Gluten-free ingredients

Chopped pecans replace breadcrumbs, so these are gluten-free and low in carbohydrate (under 3 g net carbs and about 110 kcal for two mushrooms), with mushrooms, onion and parsley in every bite and no added sugar.

Diet notes: Keto (2.4 g net carbs a serve); Vegetarian with a vegetarian hard cheese instead of the freshly grated Parmesan (traditionally made with animal rennet).

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Ingredients

11 · MAKES 10 × 2 STUFFED MUSHROOMS

- [ ] a little **olive or avocado oil**, to grease the baking sheet
- [ ] 20 small cremini (baby bella) mushrooms, or white button (about 13 oz)
- [ ] 2 tbsp **butter**
- [ ] 2 **garlic** cloves, minced
- [ ] ½ medium **onion**, finely diced
- [ ] ½ tsp **kosher salt**
- [ ] ¼ tsp **freshly ground black pepper**
- [ ] 4 oz **cream cheese**, softened
- [ ] ⅓ cup **freshly grated Parmesan** (1 tbsp kept for the tops)
- [ ] ⅓ cup whole **pecans**, roughly chopped (1 tbsp kept for the tops)
- [ ] ¼ cup finely chopped **fresh parsley**, plus a little to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 400 °F and lightly oil a baking sheet. 0:28
2. Pop the stems out of the mushrooms and chop them finely. Melt the butter in a pan over medium heat and cook the chopped stems about 5 minutes, until their liquid has cooked off. 0:54
3. Add the onion, garlic, salt and pepper and cook 1–2 minutes until the onion starts to soften. Tip into a bowl and cool 5–10 minutes. 2:54
4. Set aside about 1 tbsp each of the Parmesan and pecans. Stir the cream cheese, remaining Parmesan and pecans and the parsley into the mushroom mixture. 4:30
5. Spoon the filling into the mushroom caps, set them on the tray and sprinkle with the reserved Parmesan and pecans. 5:11
6. Bake 20–25 minutes until the caps are soft and the tops golden. Scatter with parsley and serve warm. 5:49

> **Tip** Choose small mushrooms so each one is a single bite. Pecorino, Gruyère or another hard cheese can replace the Parmesan. You can fill them up to 12 hours ahead; add a few minutes to the baking time.

The method is a summary in our words — the video shows every step.

One portion (2 stuffed mushrooms) gives you

1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
110 kcal	**3.6** g	**3.3** g	**0.9** g	**9.8** g	**210** mg
460 kJ	7% of a day	2.4 g net · 1.6 g sugars	3% of a day	4.4 g saturated	9% of a day
		1% of a day		13% of a day	

Energy from net carbs 9% · protein 13% · fat 78% — fits keto: 2.4 g net carbs, 78% of the energy from fat

High in (20%+ of a day) Vitamin K 24%

Source of (10–19%) Selenium 10%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=rVDftilsnSY, published 21 November 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pecan-parmesan-stuffed-mushrooms