

Stuffed Mushrooms with Cream of Spinach



Discover our delicious recipe for Creamy Spinach Stuffed Mushrooms. These delectable bites combine the richness of mushrooms, the creaminess of spinach, and a burst of savory flavors. Try this irresistible appetizer today!

Preparation 10 min

Cooking 10 min

Servings 2

Nutrition Facts (per serving)

Calories 110

Fat 4

Carbohydrates 7

Fibre 2

Protein 12

Sodium 335

Ingredients

- 10 to 12 white mushrooms
- 30 g (¼ cup) marble cheese 19% M.F., grated
- 750 ml (3 cups) baby spinach, chopped
- 60 ml (¼ cup) light cream cheese, tempered
- 5 ml (1 tsp) garlic powder

- 5 ml (1 tsp) onion powder
- Salt and pepper, to taste

Note: For a low FODMAP version, omit the garlic and onion powder. If desired, use a garlic-infused oil such as [Maison d'Orphée](#) brand.

Preparation

1. Remove the stems from the mushrooms. Set aside.
2. In a bowl, combine cream cheese, spinach, and spices.
3. Place spinach mixture in the hollow of the mushrooms. Sprinkle with grated cheese.
4. Place stuffed mushrooms in an air fryer at 325°F (160°C) and cook for 10 minutes.

Notes

Can be kept for 5-7 days in the refrigerator.



Meri Makaryan – Nutritionniste Diététiste à Montréal
Registered Dietitian Nutritionist in Montreal