



Keto Stuffed Mushrooms

ingredients

.....

1 box small portobello mushrooms
1/2 onion, chopped
2-3 pieces cooked bacon
1/2 c frozen spinach, thawed and drained
1/2 sharp cheddar
2 oz cream cheese
Salt
Garlic powder

directions

.....

- Wash mushrooms well and remove stems. Chop stems finely and set aside in small bowl with chopped onion. Chop bacon into tiny pieces and set aside.
- Sauté onion and chopped mushroom stems until very tender, add salt and garlic powder to taste. Take off heat, add bacon and cheeses. Add spinach and mix well.
- Stuff mushroom caps with mixture and bake at 350* for 30 minutes.

MACROS: 1 mushroom

calories. 36
net carbs. .7g
protein. 2g
fat 3g

