

Bacon, Spinach & Feta Stuffed Mushrooms (Low Carb & Gluten Free)

Makes: 16 stuffed mushrooms

Serving Size: 4 stuffed mushrooms

Ingredients

16 mushroom caps, brushed of any debris
8 slices of bacon, chopped
2 Tbsp butter
1/4 cup onion, chopped
6 cups baby spinach, raw
1/4 tsp ground nutmeg
1 Tbsp ground almonds
1/3 cup feta cheese, crumbled
salt and pepper to taste



Instructions

In a medium pan, cook the bacon until crisp. Add the butter and onions, cooking until softened, 3 – 5 minutes. Add the spinach and cook for about 2 minutes, or until wilted. Remove the pan from the heat and add the nutmeg, ground almonds, and feta cheese. Season with salt and pepper to taste. Cool. Stuff filling into mushroom caps and place on a cookie sheet. Bake for 15 minutes at 375 degrees (F) or until the mushrooms are tender. Alternatively, grill the mushrooms for about 6 – 8 minutes over medium heat. Serve hot.

Approximate nutrition information:

per mushroom: 54 calories, 4g fat, 1g net carbs, 3g protein

perserving (4): 215 calories, 16g fat, 4g net carbs, 13g protein