



Keto Crab Stuffed Mushrooms

Active Time: 30 minutes | **Total Time:** 30 minutes | **Serves:** 8

Nutrition Information Per Serving

115.2 calories, 1.73 g carbohydrate, 0.35 g fiber, 1.38 g NET carbs, 7.17 g protein, 9.32 g fat

Ingredients

- 5 Tbsp(s) Primal Kitchen Mayonnaise
- 1/4 tsp(s) freshly ground black pepper
- 7 ounce(s) lump crab meat
- 1 1/2 ounce(s) organic Parmesan cheese, grated
- 24 medium(s) organic crimini mushrooms
- 3 medium(s) green onions, diced
- 1/2 tsp(s) paprika
- 1/4 tsp(s) sea salt

Preparation

1. Preheat oven to 350 F. Grease a baking sheet or line with parchment paper.
2. Wash the mushrooms and remove stems.
3. In a medium bowl, mix together the crab, green onions, mayo, paprika, salt, pepper and half the cheese.
4. Scoop mixture into mushrooms, and place on baking sheet. Top with remaining cheese.
5. Transfer to oven and bake 13-15 minutes until cheese turns golden and bubbles.
6. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.