

Keto Crab Stuffed Mushrooms

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per serving): Total carbs: 3.7 g, Fiber: 1.1 g, **Net carbs: 2.6 g**,

Protein: 11.6 g, Fat: 13 g, Calories: 173 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



Ingredients (makes 6 servings)

- 1 lb button or cremini mushrooms, stems removed (450 g)
- 7 ounces lump crab meat (200 g)
- 3 green onions, chopped (45 g/ 1.6 oz)
- 1/2 cup grated Parmesan, divided (45 g/ 1.6 oz)
- 1/3 cup [mayonnaise](#) (73 g/ 2.6 oz) - *you can [make your own](#)*
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/4 tsp sea salt *or* [pink Himalayan salt](#)
- 1/4 tsp black pepper
- 2 tsp fresh minced parsley

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Instructions

1. Preheat the oven to 175 °C/ 350 °F (conventional), or 155 °C/ 310 °F (fan assisted) and line a baking sheet with parchment paper. Remove the stems from the mushrooms and save for another use.
2. In a medium bowl mix together the crab, chopped green onions, 1/4 cup of the grated parmesan, mayonnaise, paprika, garlic powder, salt, black pepper, and parsley.
3. Fill each mushroom with the mixture then sprinkle the remaining cheese over the top.
4. Bake for 15 minutes until the cheese is golden and bubbling. Serve immediately. These are best eaten immediately, however, they can be stored in an airtight container in the refrigerator for up to 2 days. Reheat under the broiler for 2-3 minutes or until hot.

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