



Art's Italian Stuffed Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons garlic minced
- ☐ 0.5 pound ground sausage italian hot cooked
- ☐ 12 large mushrooms
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 4 ounce romano potatoes white italian mashed cheese flavored idahoan®
- ☐ 2 tablespoons sun-dried tomatoes dried chopped if , rehydrate

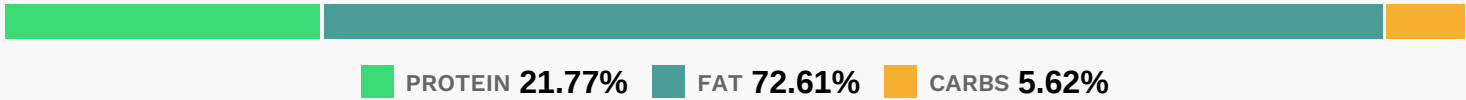
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat over to 350 degrees F.
- ☐ Prepare potatoes according to package directions.
- ☐ Add sun-dried tomatoes.
- ☐ Remove stems from clean mushrooms and stuff caps with cooked Italian sausage and top with a generous amount of the potato mixture.
- ☐ Spread olive oil and minced garlic on bottom of walled cookie sheet or baking dish.
- ☐ Place mushrooms on top.
- ☐ Sprinkle shredded Parmesan over the top of the mushrooms.
- ☐ Bake for 20-25 minutes.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.53, Inflammation Score:-1, Nutrition Score:5.1652173944142%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 150.5kcal (7.52%), Fat: 12.25g (18.84%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.88g (0.98%), Cholesterol: 26.27mg (8.76%), Sodium: 302.69mg (13.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.52%), Calcium: 155.64mg (15.56%), Phosphorus: 151.04mg (15.1%), Vitamin B2: 0.17mg (9.99%), Vitamin B3: 1.82mg (9.11%), Selenium: 4.68µg (6.69%), Zinc: 0.92mg (6.13%), Vitamin B6: 0.11mg (5.64%), Vitamin B5: 0.56mg (5.55%), Vitamin B1: 0.08mg (5.52%), Vitamin B12: 0.33µg (5.43%), Copper: 0.11mg (5.28%), Potassium: 165.94mg (4.74%), Vitamin E: 0.57mg (3.83%), Magnesium: 12.37mg (3.09%), Iron: 0.55mg (3.05%), Vitamin K: 2.84µg (2.71%), Manganese: 0.05mg (2.61%), Vitamin D: 0.36µg (2.4%), Vitamin A: 93.34IU (1.87%), Vitamin C: 1.36mg (1.65%), Fiber: 0.36g (1.44%), Folate: 5.66µg (1.41%)