



Creamy Corn and Chorizo-Stuffed Mushrooms

READY IN



45 min.

SERVINGS



12

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces chorizo sausage cut
- ☐ 11 ounce corn kernels drained canned
- ☐ 2 garlic clove minced
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 24 large mushroom caps (with stems removed)
- ☐ 0.3 cup cream fat-free sour
- ☐ 2 ounce sandwich bread white

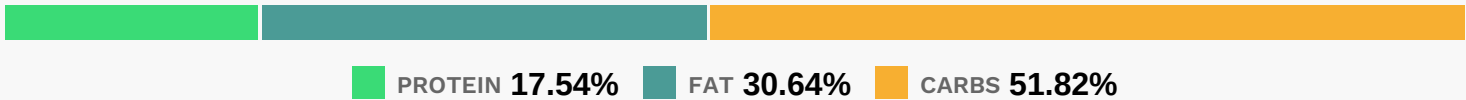
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ To prepare stuffing, remove casings from chorizo. Cook chorizo, onion, and garlic in a large nonstick skillet over medium heat for 6 minutes or until browned, stirring to crumble.
- ☐ Drain chorizo mixture; pat dry with paper towels.
- ☐ Combine chorizo mixture and corn in a bowl.
- ☐ Combine cream cheese and sour cream in a small bowl; stir with a whisk until smooth.
- ☐ Add cheese mixture and salt to chorizo mixture.
- ☐ Place white bread in a food processor; pulse 10 times or until fine crumbs measure 1 cup.
- ☐ Fill each mushroom cap with about 3/4 teaspoon breadcrumbs. Stuff each with 2 teaspoons corn mixture; top with remaining breadcrumbs.
- ☐ Place on a baking sheet coated with cooking spray. Coat each mushroom with cooking spray.
- ☐ Bake at 400 for 20 minutes or until tops are browned.

Nutrition Facts



Properties

Glycemic Index:13.65, Glycemic Load:2.23, Inflammation Score:-2, Nutrition Score:3.555652157444%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 69.5kcal (3.48%), Fat: 2.49g (3.83%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 8.03g (2.92%), Sugar: 2.38g (2.64%), Cholesterol: 10.43mg (3.48%), Sodium: 182.48mg (7.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Vitamin B3: 1.58mg (7.92%), Manganese: 0.14mg (6.96%), Vitamin B2: 0.1mg (6.16%), Fiber: 1.45g (5.81%), Phosphorus: 55.9mg (5.59%), Vitamin B6: 0.11mg (5.56%), Vitamin B5: 0.55mg (5.49%), Folate: 20.31µg (5.08%), Selenium: 3.21µg (4.58%), Vitamin C: 3.64mg (4.41%), Potassium: 142.89mg (4.08%), Zinc: 0.45mg (3.03%), Copper: 0.06mg (2.96%), Vitamin B1: 0.04mg (2.92%), Iron: 0.52mg (2.9%), Magnesium: 11.53mg (2.88%), Calcium: 22.65mg (2.27%), Vitamin A: 95.57IU (1.91%)