Italian Chicken Sausage Stuffed Portabellas

🌾 **Gluten Free**

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
25 min.	**8**	**270 kcal**

SIDE DISH

Ingredients

- [ ] 16 ounce mild chicken sausage sweet italian
- [ ] 8 ounce cream cheese with onion and chives, softened
- [ ] 2 tablespoons olive oil
- [ ] 3 tablespoons parmesan cheese grated
- [ ] 8 portabello mushrooms with stems removed cleaned (3 to 4-inch diameter)
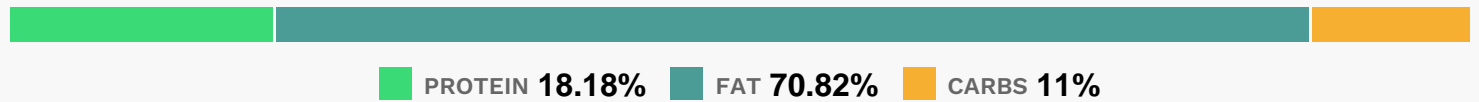
Equipment

- [ ] frying pan
- [ ] baking sheet

oven

Directions

☐ Preheat oven to 375 degrees F.

☐ Over medium-high heat, in a heavy, medium nonstick skillet, heat 1 tsp oil.

☐ Add chopped sausage and saute until sausage is heated through, 2 to 3 minutes.

☐ Remove from heat and stir in cream cheese and 1/4 tsp pepper; mix well.

☐ Brush both sides of mushrooms lightly with remaining olive oil.

☐ Place mushroom caps, cavity side up, on baking sheet sprayed with non-stick cooking spray. Fill each cavity with sausage mixture. Lightly sprinkle each with Parmesan.

☐ Bake mushrooms in preheated oven for 7 to 8 minutes or until hot throughout.

☐ Sprinkle each with minced chives for garnish.

Nutrition Facts

■ PROTEIN **18.18%**　■ FAT **70.82%**　■ CARBS **11%**

Properties

Glycemic Index:3.38, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:7.259130405343l%

Nutrients (% of daily need)

Calories: 269.94kcal (13.5%), Fat: 22.07g (33.95%), Saturated Fat: 8.22g (51.36%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 6.62g (2.41%), Sugar: 3.85g (4.28%), Cholesterol: 70.29mg (23.43%), Sodium: 709.49mg (30.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.49%), Selenium: 18.72µg (26.74%), Vitamin B3: 3.8mg (19.01%), Phosphorus: 132.94mg (13.29%), Copper: 0.25mg (12.3%), Vitamin A: 597.1IU (11.94%), Vitamin B5: 1.13mg (11.25%), Vitamin B2: 0.18mg (10.64%), Potassium: 346.67mg (9.9%), Vitamin B6: 0.14mg (7.09%), Folate: 26.18µg (6.55%), Vitamin E: 0.77mg (5.16%), Calcium: 46.63mg (4.66%), Iron: 0.8mg (4.45%), Zinc: 0.67mg (4.45%), Fiber: 1.09g (4.37%), Vitamin B1: 0.06mg (3.77%), Manganese: 0.06mg (3.13%), Vitamin K: 2.73µg (2.6%), Vitamin B12: 0.13µg (2.16%), Vitamin D: 0.26µg (1.74%)