



Plum-Glazed Stuffed Shiitake Mushrooms

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



41 kcal

SIDE DISH

Ingredients

- 12 ounces sausage meat
- 0.5 cup chives fresh chopped
- 1 tablespoon sesame oil
- 0.5 cup plum sauce chinese
- 1.3 pounds mushroom caps stemmed

Equipment

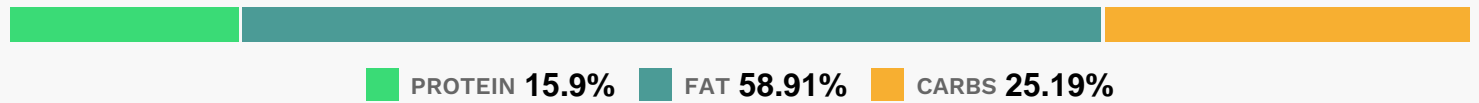
- baking sheet
- sauce pan

- oven
- whisk

Directions

- Place shiitake mushrooms stem side up on large rimmed baking sheet. Mound each with about 1/2 tablespoon pork sausage. Stir plum sauce in heavy small saucepan over medium heat until melted.
- Whisk in oil.
- Brush mushrooms with all of plum sauce mixture. (Can be made 1 day ahead. Cover; refrigerate.)
- Preheat oven to 400°F.
- Bake mushrooms until sausage is cooked through, about 15 minutes.
- Transfer to large platter.
- Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.607826097504%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 40.93kcal (2.05%), Fat: 2.72g (4.18%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.35g (0.39%), Cholesterol: 6.12mg (2.04%), Sodium: 75.89mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin B3: 0.99mg (4.96%), Vitamin B6: 0.07mg (3.56%), Phosphorus: 28.49mg (2.85%), Vitamin B5: 0.27mg (2.74%), Vitamin B2: 0.04mg (2.64%), Zinc: 0.34mg (2.27%), Potassium: 75.54mg (2.16%), Manganese: 0.04mg (1.96%), Vitamin B1: 0.03mg (1.77%), Fiber: 0.39g (1.57%), Copper: 0.03mg (1.48%), Vitamin B12: 0.07µg (1.2%), Iron: 0.22mg (1.19%), Selenium: 0.83µg (1.18%), Magnesium: 4.69mg (1.17%), Vitamin D: 0.17µg (1.12%), Vitamin K: 1.15µg (1.09%)