



Sausage & Cheese-Stuffed Mushrooms

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb mushrooms fresh cleaned
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup sausage italian crumbled cooked
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft

Equipment

- broiler
- broiler pan

Directions

- Heat broiler.
- Remove and discard stems from mushrooms.
- Brush mushroom caps with dressing; place on rack of broiler pan. Broil, 4 inches from heat, 5 min.
- Press sausage into mushroom caps, adding about 1 tsp. sausage to each cap.
- Sprinkle with cheese.
- Broil, 4 inches from heat, 3 to 5 min. or until cheese is melted.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.7960869443157%

Nutrients (% of daily need)

Calories: 31.69kcal (1.58%), Fat: 2.4g (3.69%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.64g (0.71%), Cholesterol: 5.03mg (1.68%), Sodium: 72.7mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin B2: 0.09mg (5.16%), Selenium: 3.23µg (4.61%), Vitamin B3: 0.81mg (4.07%), Phosphorus: 33.05mg (3.3%), Copper: 0.06mg (3.12%), Vitamin B5: 0.3mg (2.98%), Vitamin B1: 0.04mg (2.83%), Potassium: 73.52mg (2.1%), Calcium: 19.22mg (1.92%), Vitamin B6: 0.04mg (1.81%), Zinc: 0.24mg (1.62%), Vitamin K: 1.35µg (1.29%), Vitamin B12: 0.07µg (1.14%)