



## Sausage Mushroom Caps

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



78 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 pound sausage meat
- ☐ 24 medium size crimini mushrooms ( 1 lb. total)
- ☐ 24 flat parsley
- ☐ 2 tbsp olive oil extra virgin extra-virgin
- ☐ 3 tablespoons seasoned bread crumbs dried

### Equipment

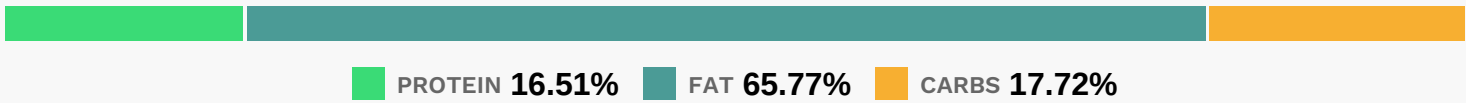
- ☐ bowl
- ☐ baking pan

☐ broiler

## Directions

- ☐ Preheat broiler. Rinse mushrooms. Scoop out stems with a small spoon and save for another use.
- ☐ In a small bowl, mix sausage with bread crumbs. Mound sausage mixture in mushrooms, then place, filled side up, in a rimmed 10- by 15-in. baking pan.
- ☐ Broil 6 to 7 in. from heat until sausage is well browned, about 5 minutes. Lift mushrooms onto a platter, brush with oil, and top with parsley leaves.

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:6.6039130635884%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 78.03kcal (3.9%), Fat: 5.87g (9.03%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.13g (1.14%), Sugar: 0.85g (0.94%), Cholesterol: 9.1mg (3.03%), Sodium: 117.1mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.63%), Vitamin K: 35.41µg (33.72%), Selenium: 11.02µg (15.74%), Vitamin B2: 0.22mg (13.16%), Vitamin B3: 2.29mg (11.46%), Copper: 0.22mg (10.87%), Vitamin B5: 0.71mg (7.08%), Phosphorus: 70.59mg (7.06%), Vitamin B1: 0.1mg (6.56%), Potassium: 227.33mg (6.5%), Zinc: 0.77mg (5.14%), Vitamin B6: 0.09mg (4.43%), Manganese: 0.09mg (4.26%), Folate: 16.14µg (4.04%), Vitamin A: 182.75IU (3.66%), Vitamin C: 2.82mg (3.41%), Iron: 0.56mg (3.11%), Vitamin B12: 0.16µg (2.6%), Vitamin E: 0.39mg (2.57%), Magnesium: 7.51mg (1.88%), Fiber: 0.43g (1.71%), Calcium: 15.67mg (1.57%), Vitamin D: 0.2µg (1.36%)