



Sausage-Stuffed Mushrooms

READY IN



90 min.

SERVINGS



8

CALORIES



361 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 tablespoons parsley leaves fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.8 pound sausage sweet italian
- ☐ 2.5 tablespoons cooking sherry
- ☐ 5 ounces mascarpone cheese
- ☐ 5 tablespoons olive oil good divided
- ☐ 0.7 cup panko crumbs
- ☐ 0.3 cup parmesan freshly grated
- ☐ 8 servings salt and pepper black freshly ground

- ☐ 6 scallions white green minced
- ☐ 16 extra large mushrooms white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Remove the stems from the mushrooms and chop them finely. Set aside.
- ☐ Place the mushroom caps in a shallow bowl and toss with 3 tablespoons of the olive oil and Marsala. Set aside.
- ☐ Heat the remaining 2 tablespoons olive oil in a medium skillet over medium heat.
- ☐ Add the sausage, crumbling it with the back of a wooden spoon. Cook the sausage for 8 to 10 minutes, stirring frequently, until it's completely browned.
- ☐ Add the chopped mushroom stems and cook for 3 more minutes. Stir in the scallions and garlic and cook for another 2 to 3 minutes, stirring occasionally.
- ☐ Add the panko crumbs, stirring to combine evenly with all the other ingredients. Finally, swirl in the mascarpone and continue cooking until the mascarpone has melted and made the sausage mixture creamy. Off the heat, stir in the Parmesan, parsley, and season with salt and pepper, to taste, Cool slightly.
- ☐ Fill each mushroom generously with the sausage mixture. Arrange the mushrooms in a baking dish large enough to hold all the mushrooms in a snug single layer.
- ☐ Bake until the stuffing for 50 minutes, until the stuffing is browned and crusty.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:10.909565446169%

Flavonoids

Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg, Petunidin: 0.31mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 4.45mg, Malvidin: 4.45mg, Malvidin: 4.45mg, Malvidin: 4.45mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 361.3kcal (18.06%), Fat: 31.56g (48.55%), Saturated Fat: 11.73g (73.32%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 6.42g (2.33%), Sugar: 1.73g (1.92%), Cholesterol: 52.87mg (17.62%), Sodium: 428.83mg (18.64%), Alcohol: 0.72g (100%), Alcohol %: 0.68% (100%), Protein: 10.96g (21.92%), Vitamin K: 44.97µg (42.83%), Selenium: 16.65µg (23.79%), Vitamin B1: 0.33mg (22.16%), Vitamin B2: 0.28mg (16.26%), Vitamin B3: 3.25mg (16.25%), Phosphorus: 137.73mg (13.77%), Calcium: 102.61mg (10.26%), Vitamin B6: 0.2mg (9.76%), Vitamin A: 476.24IU (9.52%), Copper: 0.19mg (9.52%), Vitamin E: 1.34mg (8.92%), Vitamin B5: 0.88mg (8.81%), Potassium: 288.92mg (8.25%), Zinc: 1.22mg (8.12%), Vitamin B12: 0.47µg (7.84%), Iron: 1.27mg (7.06%), Manganese: 0.14mg (6.88%), Vitamin C: 5.28mg (6.4%), Folate: 23.54µg (5.89%), Magnesium: 16.74mg (4.19%), Fiber: 0.94g (3.77%)