



Sausage Stuffed Mushrooms

READY IN



35 min.

SERVINGS



24

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 pound bulk sausage sweet italian
- ☐ 1 rib celery and green chopped
- ☐ 4 cloves garlic chopped
- ☐ 20 stems mushrooms finely chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.5 teaspoons olive oil extra-virgin
- ☐ 0.5 small onion chopped
- ☐ 0.5 small bell pepper red seeded chopped
- ☐ 0.3 cup romano grated

- ☐ 24 servings salt and pepper
- ☐ 24 large gourmet stuffing mushroom caps with damp towel
- ☐ 10 ounce pkt spinach frozen dry chopped
- ☐ 3 slices bread white toasted chopped

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

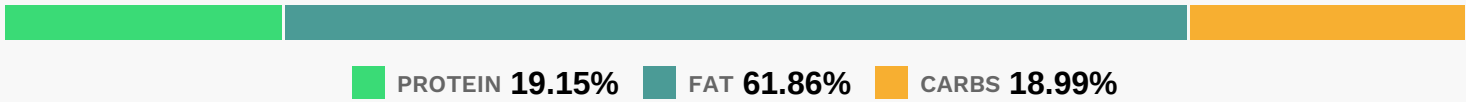
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 500 degrees F.
- ☐ Heat a large skillet over medium high heat.
- ☐ Add oil and mushroom caps and season caps with salt and pepper.
- ☐ Saute caps 5 to 7 minutes, until they are lightly browned and tender on edges. Turn caps up and let juices drain away from caps.
- ☐ Transfer caps to a small nonstick baking sheet. Wipe out skillet and return to heat.
- ☐ Add a touch of oil and sausage to the hot skillet. Brown and crumble sausage for 3 minutes. In a food processor pulse and chop the garlic, add mushroom stems and pulse to chop the mushroom stems.
- ☐ Add celery, onion and red bell pepper to the mushrooms and pulse to chop.
- ☐ Remove mixture from the processor and saute veggies and mushrooms over medium high heat another 3 to 5 minutes.
- ☐ Add dry, defrosted spinach and stir into stuffing.
- ☐ Add chopped bread and cheese to the pan and toss stuffing until bread is moist and stuffing is combined, 2 or 3 minutes. Fill caps with stuffing using a small scoop or large spoon.
- ☐ Place caps in hot oven and reduce heat to 450 degrees F.
- ☐ Bake 6 to 8 minutes to crisp edges of stuffing and set stuffing in mushrooms.

☐

Transfer stuffed mushrooms to a serving plate.

Nutrition Facts



Properties

Glycemic Index:13.12, Glycemic Load:1.55, Inflammation Score:-7, Nutrition Score:8.162608763446%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 84.11kcal (4.21%), Fat: 5.95g (9.15%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.08g (1.12%), Sugar: 1.07g (1.19%), Cholesterol: 11.72mg (3.91%), Sodium: 346.95mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Vitamin K: 45.05µg (42.91%), Vitamin A: 1451.82IU (29.04%), Selenium: 7.7µg (11%), Vitamin B2: 0.16mg (9.59%), Vitamin B3: 1.84mg (9.22%), Vitamin B1: 0.13mg (8.43%), Manganese: 0.16mg (8.22%), Phosphorus: 71.09mg (7.11%), Folate: 28.08µg (7.02%), Vitamin B6: 0.14mg (6.95%), Vitamin B5: 0.58mg (5.8%), Copper: 0.11mg (5.43%), Potassium: 189mg (5.4%), Calcium: 43.75mg (4.38%), Vitamin C: 3.57mg (4.33%), Magnesium: 17.24mg (4.31%), Zinc: 0.63mg (4.21%), Fiber: 1.03g (4.1%), Iron: 0.68mg (3.75%), Vitamin E: 0.5mg (3.36%), Vitamin B12: 0.15µg (2.54%)