



food
network

Sausage Stuffed Mushrooms

READY IN



55 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 0.5 teaspoon sage dried
- ☐ 24 large mushrooms fresh
- ☐ 1 teaspoon garlic crushed
- ☐ 12 ounces sausage sweet italian 4 links
- ☐ 1.5 cups leeks diced green cleaned finely parts
- ☐ 0.3 tablespoons olive oil extra-virgin divided
- ☐ 0.3 cup parmesan divided grated
- ☐ 1 cup cornbread stuffing mix

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F. Spray a rimmed baking sheet with cooking spray and set aside.
- ☐ Wipe mushrooms clean with paper towels.
- ☐ Remove stems and dice. Hollow out the caps if necessary.
- ☐ Brush each cap with olive oil.
- ☐ In a large skillet over medium heat add 2 tablespoons olive oil and mushroom stems, cook for 1 minute and then add sausage; breaking up any clumps.
- ☐ Saute for 3 minutes.
- ☐ Add the leeks and saute for another 3 minutes or until sausage is completely browned and leeks are tender.
- ☐ Remove from pan and set aside.
- ☐ In a medium bowl, combine stuffing mix and hot broth.
- ☐ Let sit for 2 minutes or until slightly softened.
- ☐ Stir in browned sausage mixture, sage, garlic, and 2 tablespoons Parmesan into stuffing.
- ☐ Fill each mushroom with stuffing mixture and arrange caps on prepared baking sheet.
- ☐ Sprinkle mushrooms with remaining 2 tablespoons of Parmesan.
- ☐ Bake in preheated oven for 20 to 25 minutes, or until golden.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 16.92%**  **FAT 46.79%**  **CARBS 36.29%**

Properties

Glycemic Index:18.63, Glycemic Load:1.3, Inflammation Score:-5, Nutrition Score:14.205217299254%

Flavonoids

Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 304.22kcal (15.21%), Fat: 15.89g (24.45%), Saturated Fat: 5.66g (35.37%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 25.78g (9.37%), Sugar: 4.55g (5.06%), Cholesterol: 35.03mg (11.68%), Sodium: 837.77mg (36.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.86%), Selenium: 32.14µg (45.92%), Vitamin B1: 0.49mg (32.59%), Vitamin B2: 0.49mg (28.99%), Vitamin B3: 5.69mg (28.44%), Phosphorus: 190.12mg (19.01%), Folate: 75.74µg (18.94%), Copper: 0.35mg (17.41%), Manganese: 0.33mg (16.34%), Vitamin B6: 0.29mg (14.54%), Vitamin B5: 1.41mg (14.09%), Iron: 2.37mg (13.17%), Potassium: 436.89mg (12.48%), Zinc: 1.52mg (10.11%), Calcium: 86.63mg (8.66%), Vitamin K: 8.6µg (8.19%), Fiber: 1.95g (7.79%), Vitamin B12: 0.46µg (7.68%), Magnesium: 30.31mg (7.58%), Vitamin A: 303.87IU (6.08%), Vitamin C: 4.42mg (5.36%), Vitamin E: 0.35mg (2.33%), Vitamin D: 0.15µg (1.02%)