



## Sausage-Stuffed Mushrooms

 Popular

READY IN



35 min.

SERVINGS



36

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 lb mushrooms fresh
- 1 lb sausage meat
- 0.3 cup chives chopped
- 2 tablespoons onion chopped
- 1 clove garlic finely chopped
- 0.3 cup breadcrumbs dry italian-style
- 0.3 cup parmesan cheese grated
- 0.8 cup frangelico

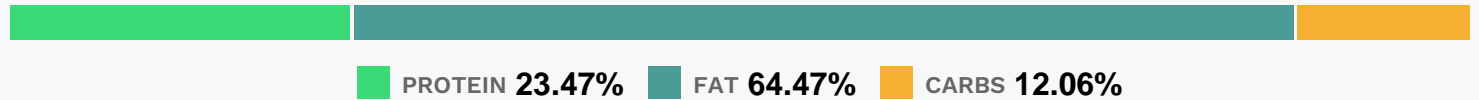
## Equipment

- frying pan
- oven

## Directions

- Heat oven to 350°F.
- Remove stems from mushrooms; finely chop stems.
- In 10-inch skillet, cook sausage, chopped mushroom stems, chives, onion and garlic until sausage is no longer pink; drain, reserving drippings. Stir Bisquick mix and bread crumbs into sausage mixture until mixture holds together. (If mixture is dry, add 1 to 2 tablespoons reserved drippings.)
- Spoon about 1 rounded tablespoon sausage mixture into each mushroom cap. In ungreased 15x10x1-inch pan, place filled mushrooms; sprinkle with cheese.
- Bake about 15 minutes or until hot.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:3.25, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:2.5995652131412%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 50.15kcal (2.51%), Fat: 3.66g (5.64%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.57g (0.63%), Cholesterol: 9.68mg (3.23%), Sodium: 99.09mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin B3: 1.56mg (7.78%), Vitamin B2: 0.12mg (7.22%), Vitamin B5: 0.47mg (4.7%), Copper: 0.09mg (4.56%), Phosphorus: 44.73mg (4.47%), Vitamin B1: 0.06mg (4.21%), Selenium: 2.79µg (3.99%), Vitamin B6: 0.07mg (3.42%), Potassium: 115.93mg (3.31%), Zinc: 0.45mg (2.99%), Vitamin B12: 0.13µg (2.15%), Iron: 0.31mg (1.73%), Vitamin D: 0.22µg (1.45%), Folate: 5.39µg (1.35%), Fiber: 0.3g

(1.21%), Magnesium: 4.82mg (1.2%), Manganese: 0.02mg (1.12%), Vitamin C: 0.83mg (1.01%)