



Sausage Stuffed Mushrooms

 Popular

READY IN



56 min.

SERVINGS



48

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 0.5 cup bread crumbs dry
- 48 large mushrooms fresh
- 2 tablespoons parsley fresh finely chopped
- 3 garlic cloves minced
- 1 tablespoon juice of lemon
- 0.3 cup parmesan cheese grated
- 19 ounce mild sausage links italian johnsonville®

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- In a skillet, cook and crumble sausage over medium heat until no longer pink and lightly browned; drain.
- Remove and discard stems from mushrooms. Arrange mushroom caps on foil-lined baking sheets.
- In a bowl, combine cooked sausage, bread crumbs, cream cheese, garlic, parsley and lemon juice. Stir until blended.
- Carefully spoon sausage mixture into mushroom caps.
- Sprinkle with cheese.
- Bake, uncovered, at 400F or until mushrooms are tender and lightly browned,
- Serve hot.

Nutrition Facts



PROTEIN 18.86% **FAT 68.77%** **CARBS 12.37%**

Properties

Glycemic Index:3.1, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:2.7682608767696%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 62.76kcal (3.14%), Fat: 4.89g (7.52%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.71g (0.79%), Cholesterol: 13.3mg (4.43%), Sodium: 104.83mg (4.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Vitamin B2: 0.12mg (7.28%), Vitamin B3: 1.44mg (7.21%), Vitamin B5: 0.46mg (4.57%), Phosphorus: 45.55mg (4.56%), Selenium: 3.04µg (4.34%), Copper: 0.09mg (4.27%), Vitamin B1: 0.06mg (4.15%), Vitamin B6: 0.07mg (3.27%), Potassium: 112.37mg (3.21%), Zinc: 0.43mg (2.86%), Vitamin K: 2.96µg (2.82%), Vitamin B12: 0.13µg (2.1%), Vitamin A: 90.45IU (1.81%), Iron: 0.32mg (1.75%), Folate: 6µg (1.5%), Calcium: 13.53mg (1.35%), Manganese: 0.03mg (1.31%), Vitamin D: 0.19µg (1.3%), Magnesium: 4.88mg (1.22%), Vitamin C: 0.96mg (1.17%), Fiber: 0.29g (1.16%)