

# Sausage Stuffed Mushrooms II

 **Gluten Free**

READY IN



**23 min.**

SERVINGS



**10**

CALORIES



**153 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 ounce cream cheese softened
- 8 ounce mushrooms fresh
- 0.5 pound sausage meat

## Equipment

- bowl
- frying pan
- baking sheet
- oven

broiler

## Directions

- Preheat the broiler.
- Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain and transfer to a medium bowl.
- Blend cream cheese with the sausage. Stuff mushroom caps with the cream cheese and sausage mixture.
- Arrange stuffed mushroom caps on a medium baking sheet. Broil in the preheated oven 2 to 3 minutes, until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:8.7, Glycemic Load:0.5, Inflammation Score:-2, Nutrition Score:3.8852174100669%

## Nutrients (% of daily need)

Calories: 153.31kcal (7.67%), Fat: 13.9g (21.38%), Saturated Fat: 6.59g (41.17%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.76g (0.64%), Sugar: 1.3g (1.45%), Cholesterol: 39.24mg (13.08%), Sodium: 216.59mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Vitamin B2: 0.17mg (10.06%), Vitamin B3: 1.91mg (9.53%), Phosphorus: 74.39mg (7.44%), Vitamin A: 321.6IU (6.43%), Vitamin B5: 0.62mg (6.21%), Selenium: 4.06µg (5.8%), Vitamin B1: 0.09mg (5.73%), Vitamin B6: 0.11mg (5.28%), Zinc: 0.72mg (4.82%), Copper: 0.09mg (4.56%), Potassium: 158.3mg (4.52%), Vitamin B12: 0.25µg (4.2%), Calcium: 24.72mg (2.47%), Vitamin D: 0.34µg (2.27%), Iron: 0.39mg (2.17%), Magnesium: 7.26mg (1.81%), Vitamin E: 0.24mg (1.6%), Folate: 6.12µg (1.53%)