



Savory Stuffed Mushrooms

READY IN



50 min.

SERVINGS



8

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces cheese blue crumbled
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 2 cloves garlic minced
- ☐ 1 link turkey sausage italian
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon olive oil plus more for tossing and drizzling
- ☐ 0.8 cup panko breadcrumbs
- ☐ 24 large mushrooms white chopped
- ☐ 0.3 cup white wine

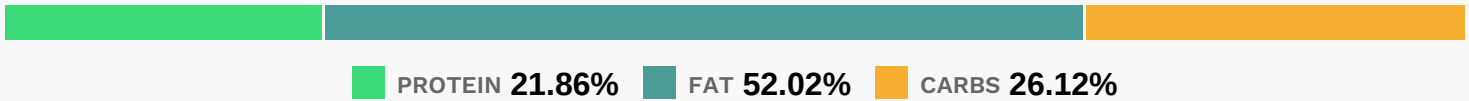
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add the olive oil and once hot, add the turkey sausage and cook, breaking up with the back of a wooden spoon, about 2 minutes. Once the sausage is beginning to brown, add the mushroom stems and continue to cook until soft and the turkey is cooked through.
- ☐ Add the garlic and briefly saute until fragrant. Stir in the white wine and scrap up any browned bits on the bottom of the pan. Cook until the wine has evaporated.
- ☐ Transfer the mixture to a bowl.
- ☐ Add the blue cheese, breadcrumbs and parsley to the sauteed mixture and stir to combine.
- ☐ Place the mushroom caps cavity-side up on the a sheet tray.
- ☐ Drizzle with olive oil and sprinkle with salt and pepper. Spoon the filling into the cavities and drizzle again with olive oil. You may need to pack down the filling with your hands.
- ☐ Bake 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.71, Inflammation Score:-3, Nutrition Score:7.8873913028966%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin:

0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg
Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin:
0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg
Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg,
Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 110.98kcal (5.55%), Fat: 6.38g (9.81%), Saturated Fat: 3g (18.76%), Carbohydrates: 7.21g (2.4%), Net
Carbohydrates: 6.19g (2.25%), Sugar: 1.88g (2.09%), Cholesterol: 10.7mg (3.57%), Sodium: 209.91mg (9.13%),
Alcohol: 0.77g (100%), Alcohol %: 0.98% (100%), Protein: 6.03g (12.06%), Vitamin B2: 0.36mg (21.03%), Vitamin K:
18.37µg (17.5%), Vitamin B3: 3.04mg (15.2%), Selenium: 10.04µg (14.34%), Vitamin B5: 1.32mg (13.23%), Phosphorus:
126.94mg (12.69%), Copper: 0.24mg (12.25%), Calcium: 91.11mg (9.11%), Potassium: 282.2mg (8.06%), Vitamin B1:
0.12mg (7.82%), Folate: 24.5µg (6.12%), Manganese: 0.12mg (6.06%), Vitamin B6: 0.12mg (5.84%), Zinc: 0.85mg
(5.66%), Iron: 0.79mg (4.37%), Fiber: 1.02g (4.07%), Vitamin A: 193.19IU (3.86%), Vitamin C: 3.05mg (3.7%), Vitamin
B12: 0.22µg (3.68%), Magnesium: 13.53mg (3.38%), Vitamin E: 0.31mg (2.05%), Vitamin D: 0.21µg (1.39%)