



So Divine Stuffed Mushrooms

 Gluten Free

READY IN



75 min.

SERVINGS



24

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 cup cheese blue crumbled
- 12 ounce bulk pork sausage
- 1 clove garlic minced
- 24 servings salt and ground pepper black to taste
- 1 dash juice of lemon
- 1 tablespoon olive oil
- 24 mushrooms white

1 tablespoon worcestershire sauce

Equipment

bowl

baking sheet

oven

Directions

Preheat an oven to 325 degrees F (165 degrees C).

Arrange the mushroom caps on a baking sheet with the cavity-side facing upwards.

Drizzle the olive oil over the mushroom caps.

Mix the sausage, blue cheese, Worcestershire sauce, balsamic vinegar, garlic, lemon juice, salt, and pepper in a bowl. Fill the mushroom caps with the sausage mixture.

Bake in the preheated oven until the sausage is no longer pink, about 60 minutes.

Nutrition Facts

PROTEIN 20.58% **FAT 72.46%** **CARBS 6.96%**

Properties

Glycemic Index:8.29, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:2.4213043529054%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg

Nutrients (% of daily need)

Calories: 59.19kcal (2.96%), Fat: 4.82g (7.41%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.81g (0.3%), Sugar: 0.58g (0.64%), Cholesterol: 11.26mg (3.75%), Sodium: 116.74mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin B3: 1.41mg (7.05%), Vitamin B2: 0.1mg (6.14%), Phosphorus: 42.68mg (4.27%), Vitamin B5: 0.42mg (4.21%), Copper: 0.08mg (3.84%), Vitamin B1: 0.06mg (3.76%), Vitamin B6: 0.07mg (3.42%), Potassium: 110.65mg (3.16%), Zinc: 0.45mg (3.02%), Selenium: 2.09µg (2.99%), Vitamin B12: 0.15µg (2.43%), Iron: 0.32mg (1.77%), Vitamin D: 0.23µg (1.54%), Manganese: 0.03mg (1.3%), Magnesium: 4.48mg (1.12%), Calcium: 10.92mg (1.09%), Folate: 4.13µg (1.03%)