



Spicy Stuffed Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 oz day-old bread finely chopped
- ☐ 4 ounces fontina shredded italian
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 0.5 small onion finely chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 4 ounces spicy sausage fresh italian such as hot sausage
- ☐ 2 tablespoons butter unsalted
- ☐ 10 oz mushrooms whole white medium to large chopped

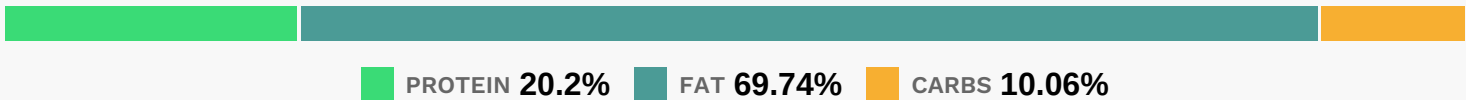
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F.
- ☐ Remove sausage from casing and place in a medium skillet. Cook meat over medium heat, breaking it up with a wooden spoon and stirring occasionally, until crumbly and browned, about 7 minutes.
- ☐ Transfer sausage to a bowl.
- ☐ Melt butter in same skillet over medium heat.
- ☐ Add mushroom stems, onion and garlic and cook, stirring, until softened, about 4 minutes.
- ☐ Remove from heat and add bread, cheese, parsley, oregano and reserved sausage. Stir well to mix.
- ☐ Stuff sausage mixture firmly into mushroom caps.
- ☐ Place caps on a foil-lined baking sheet.
- ☐ Bake until tops are crusty and mushrooms are tender, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:59.92, Glycemic Load:2.7, Inflammation Score:-5, Nutrition Score:11.356521834498%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 286.97kcal (14.35%), Fat: 22.6g (34.77%), Saturated Fat: 11.62g (72.66%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 6.09g (2.22%), Sugar: 2.65g (2.94%), Cholesterol: 68.35mg (22.78%), Sodium: 446mg (19.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.73g (29.46%), Vitamin B2: 0.4mg (23.67%), Vitamin B3: 4.37mg (21.84%), Phosphorus: 212.59mg (21.26%), Selenium: 12.97µg (18.53%), Vitamin K: 18.91µg (18.01%), Calcium: 177.89mg (17.79%), Vitamin B5: 1.46mg (14.59%), Zinc: 2.09mg (13.96%), Copper: 0.27mg (13.54%), Vitamin B12: 0.76µg (12.62%), Vitamin B1: 0.18mg (11.83%), Vitamin A: 541.77IU (10.84%), Vitamin B6: 0.21mg (10.7%), Potassium: 348.4mg (9.95%), Manganese: 0.16mg (7.76%), Iron: 1.13mg (6.28%), Folate: 23.77µg (5.94%), Vitamin D: 0.79µg (5.24%), Fiber: 1.24g (4.97%), Magnesium: 19.26mg (4.82%), Vitamin C: 3.92mg (4.75%), Vitamin E: 0.35mg (2.31%)