



Stuffed Mushrooms

READY IN



80 min.

SERVINGS



50

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups bread crumbs fresh (from 4 slices)
- ☐ 24 large button mushrooms ()
- ☐ 4 ounces cream cheese
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.8 pound sausage sweet italian
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 4 tablespoons olive oil

- ☐ 0.8 cup parmesan grated
- ☐ 3 tablespoons bell pepper red seeded finely chopped
- ☐ 50 servings salt and pepper

Equipment

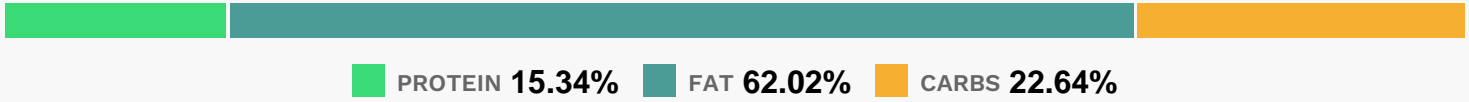
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 400F. Mist a rimmed baking sheet with cooking spray. Set a wire rack over a second rimmed baking sheet. Wipe mushrooms with a damp kitchen towel.
- ☐ Remove stems from mushrooms; reserve.
- ☐ Brush mushroom caps with 2 Tbsp. oil and sprinkle with salt and pepper.
- ☐ Place stem-side down on baking sheet and bake for 10minutes, until mushrooms are softened and exude juices.
- ☐ Remove from oven and transfer mushrooms caps, stem-side down, to the wire rack.
- ☐ Let cool. Discard any accumulated liquid.
- ☐ Trim ends and finely chop enough of the reserved stems to make 1 cup. Warm remaining 2 Tbsp. oil in a large skillet over medium heat.
- ☐ Add sausage and cook, breaking it up into small pieces, until no longer pink, about 4minutes.
- ☐ Add chopped mushroom stems, onion, red bell pepper and garlic and saut for 5 minutes, until vegetables have softened.
- ☐ Remove from heat and stir in cream cheese until melted.
- ☐ Add bread crumbs, parsley, Italian seasoning and 1/2 cup Parmesan. Season with salt and pepper.
- ☐ Add up to 1/4 cup chicken broth if mixture appears dry.

- ☐
- Mist a 9-by-13-inch baking dish with cooking spray. Set mushroom caps in dish, stem side up. Mound filling mixture on mushrooms and sprinkle with remaining Parmesan.
- ☐
- Bake until topping is golden, 25 to 30minutes.
- ☐
- Let cool for 10minutes before serving.

Nutrition Facts



Properties

Glycemic Index:4.26, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:2.6552174071903%

Flavonoids

Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 67.62kcal (3.38%), Fat: 4.7g (7.23%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.5g (1.27%), Sugar: 0.62g (0.68%), Cholesterol: 8.48mg (2.83%), Sodium: 307.39mg (13.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Selenium: 4.37µg (6.24%), Vitamin B1: 0.09mg (6.09%), Vitamin B2: 0.09mg (5%), Vitamin B3: 0.94mg (4.71%), Phosphorus: 40.11mg (4.01%), Vitamin K: 4.18µg (3.98%), Calcium: 31.46mg (3.15%), Manganese: 0.06mg (2.89%), Copper: 0.05mg (2.73%), Vitamin B5: 0.25mg (2.48%), Iron: 0.41mg (2.3%), Vitamin B6: 0.04mg (2.24%), Zinc: 0.3mg (2.02%), Folate: 8.05µg (2.01%), Potassium: 70.02mg (2%), Vitamin B12: 0.11µg (1.76%), Vitamin C: 1.35mg (1.64%), Vitamin A: 74.5IU (1.49%), Fiber: 0.36g (1.44%), Vitamin E: 0.21mg (1.42%), Magnesium: 5.09mg (1.27%)