



Stuffed Mushrooms (Hongos Rellenos de Chorizo)

READY IN



40 min.

SERVINGS



6

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 0.3 cup chicken stock see homemade store-bought reduced-sodium
- ☐ 0.3 cup coarsely manchego cheese grated
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup onion diced finely
- ☐ 2 tablespoons freshly parsley leaves chopped
- ☐ 4 ounces chorizo spanish
- ☐ 18 large mushrooms white ()

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Cut the chorizo into 1-inch pieces and put them in a food processor. Pulse until the chorizo is finely chopped. Set aside.
- ☐ Remove the stems from the mushrooms. Mince half the stems (this can be done in the work bowl of the food processor). Reserve the other half of the stems for another use or discard them.
- ☐ Brush the mushroom caps with 1 tablespoon of the olive oil and set on a baking sheet. Set aside.
- ☐ Pour the remaining 1/3 cup olive oil into a large skillet over medium-high heat.
- ☐ Add the onion and minced mushroom stems. Cook, stirring, just until soft, 2 to 3 minutes.
- ☐ Add the bread crumbs and toss and stir until toasted golden brown. Scrape the bread crumb mixture into a bowl and set aside.
- ☐ Wipe the skillet clean with paper towels and add the minced chorizo. Cook over high heat until fragrant and glossy, about 3 minutes.
- ☐ Add to the bread crumb mixture.
- ☐ Add the chicken stock and parsley and fluff with a fork. Stir in the Manchego cheese. Use a spoon to fill the mushroom caps, mounding the stuffing attractively.
- ☐ Bake until stuffing is lightly browned, 20 to 25 minutes.
- ☐ Serve hot or warm.

Nutrition Facts



 **PROTEIN 13.4%**  **FAT 70.78%**  **CARBS 15.82%**

Properties

Glycemic Index:19.83, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:8.4039130236792%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 243.35kcal (12.17%), Fat: 19.42g (29.87%), Saturated Fat: 5.08g (31.74%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 8.47g (3.08%), Sugar: 2.33g (2.58%), Cholesterol: 18.53mg (6.18%), Sodium: 111.92mg (4.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.55%), Vitamin K: 29.72µg (28.3%), Vitamin B2: 0.32mg (18.84%), Vitamin B3: 3.25mg (16.25%), Copper: 0.25mg (12.64%), Selenium: 8.73µg (12.47%), Vitamin E: 1.75mg (11.69%), Vitamin B5: 1.1mg (10.99%), Vitamin B1: 0.15mg (9.88%), Calcium: 90.11mg (9.01%), Phosphorus: 80.49mg (8.05%), Potassium: 266mg (7.6%), Iron: 1.33mg (7.41%), Manganese: 0.13mg (6.44%), Folate: 25.08µg (6.27%), Fiber: 1.29g (5.16%), Vitamin B6: 0.1mg (4.78%), Vitamin C: 3.88mg (4.7%), Vitamin A: 214.52IU (4.29%), Zinc: 0.53mg (3.52%), Magnesium: 11.73mg (2.93%), Vitamin B12: 0.07µg (1.15%)