



Stuffed Mushrooms with Sausage

READY IN



50 min.

SERVINGS



24

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bread crumbs dried fresh
- 2 handfuls flat-leaf parsley fresh
- 2 garlic cloves
- 1 pound sausage italian
- 24 servings kosher salt and pepper black freshly ground
- 24 servings olive oil extra-virgin
- 8 large olives green spanish pitted
- 0.8 cup pecorino cheese freshly grated
- 0.3 cup pinenuts

- 0.3 cup raisins
- 1 pinch pepper flakes red
- 24 large mushrooms white

Equipment

- bowl
- frying pan
- oven
- mixing bowl
- casserole dish
- cutting board

Directions

- Preheat oven to 400 degrees F.
- To make the stuffing, put the raisins, olives, pine nuts, parsley, and garlic on a cutting board and chop, and put into a mixing bowl.
- Add the sausage and 1/2 cup of the cheese.
- Drizzle the stuffing with about 1/4 cup of olive oil to moisten and season with salt, pepper, and red pepper flakes; mix well with your hands to combine.
- Put the bread crumbs in another bowl, drizzle with a bit of olive oil and add 1/4 cup of the Pecorino; season with salt and pepper.
- Oil the bottom and sides of a casserole dish which is large enough to hold all the mushrooms in a single layer. Arrange the mushrooms snugly in the pan, cap side down; season the insides with salt and pepper and drizzle with olive oil. Stuff each mushroom with a generous spoonful of the sausage stuffing and sprinkle the bread crumbs on top; drizzle with even more oil.
- Bake for 20 minutes until the stuffing is browned and the mushrooms soft, rotating the dish periodically for even cooking.

Nutrition Facts

 PROTEIN 8.63%  FAT 81.87%  CARBS 9.5%

Properties

Glycemic Index:9.99, Glycemic Load:0.91, Inflammation Score:-1, Nutrition Score:6.1582608184089%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 240.71kcal (12.04%), Fat: 22.26g (34.25%), Saturated Fat: 4.76g (29.77%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.14g (1.87%), Sugar: 0.82g (0.91%), Cholesterol: 17.61mg (5.87%), Sodium: 231.6mg (10.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Vitamin E: 2.22mg (14.78%), Vitamin K: 15.21µg (14.49%), Selenium: 8.49µg (12.12%), Vitamin B1: 0.18mg (11.91%), Manganese: 0.21mg (10.45%), Vitamin B2: 0.16mg (9.46%), Vitamin B3: 1.83mg (9.17%), Phosphorus: 87.81mg (8.78%), Copper: 0.13mg (6.4%), Vitamin B5: 0.49mg (4.88%), Vitamin B6: 0.1mg (4.85%), Calcium: 48.43mg (4.84%), Zinc: 0.71mg (4.7%), Iron: 0.82mg (4.54%), Potassium: 158.28mg (4.52%), Vitamin B12: 0.23µg (3.87%), Magnesium: 12.47mg (3.12%), Folate: 11.55µg (2.89%), Fiber: 0.67g (2.7%), Vitamin C: 1.48mg (1.79%)