



Super Sausage Stuffed Mushrooms

READY IN



40 min.

SERVINGS



10

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bread crumbs dry
- 10 ounce pkt spinach frozen thawed drained chopped well
- 0.3 cup parmesan cheese grated
- 1 pound sausage roll italian bob evans®
- 40 small mushrooms white

Equipment

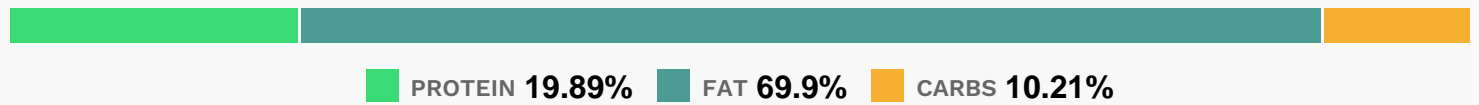
- frying pan
- baking sheet

oven

Directions

- Preheat oven to 350 degrees F.
- In large skillet over medium heat, crumble and cook sausage until browned.
- Remove from heat and stir in spinach, bread crumbs and cheese until well combined.
- Place mushroom caps on a baking sheet and fill with sausage stuffing.
- Bake 15–20 minutes or until mushrooms are tender.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.37, Inflammation Score:-9, Nutrition Score:16.877826032431%

Nutrients (% of daily need)

Calories: 195.15kcal (9.76%), Fat: 15.35g (23.62%), Saturated Fat: 5.56g (34.77%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 3.7g (1.35%), Sugar: 1.15g (1.27%), Cholesterol: 36.65mg (12.22%), Sodium: 418.07mg (18.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.66%), Vitamin K: 105.68µg (100.65%), Vitamin A: 3345.89IU (66.92%), Selenium: 18.23µg (26.04%), Vitamin B1: 0.34mg (22.9%), Vitamin B2: 0.32mg (18.82%), Vitamin B3: 3.24mg (16.21%), Folate: 54.57µg (13.64%), Manganese: 0.27mg (13.58%), Phosphorus: 133.01mg (13.3%), Vitamin B6: 0.23mg (11.59%), Copper: 0.21mg (10.61%), Potassium: 349.94mg (10%), Zinc: 1.33mg (8.84%), Vitamin B5: 0.88mg (8.8%), Magnesium: 33.25mg (8.31%), Vitamin B12: 0.47µg (7.87%), Iron: 1.41mg (7.85%), Calcium: 72.98mg (7.3%), Vitamin E: 0.84mg (5.61%), Fiber: 1.34g (5.37%), Vitamin C: 3.31mg (4.01%)