



Turkey and Chorizo Stuffed Portabella Mushrooms

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



396 kcal

SIDE DISH

Ingredients

- 5 tablespoons olive oil
- 0.5 cup onion white chopped
- 1 lb pd of ground turkey lean
- 10 oz chorizo sausage cut
- 1 bell pepper (any color)
- 2 cloves garlic finely chopped
- 6 large portabello mushrooms

- 6 oz pasilla de oaxaca shredded
- 1 serving cilantro leaves fresh chopped

Equipment

- frying pan
- baking sheet
- paper towels
- oven
- baking pan
- potato masher
- aluminum foil

Directions

- Heat oven to 350°F. Line cookie sheet with sides or very shallow baking pan with foil.
- In 10- or 12-inch skillet, heat 2 tablespoons of the oil over medium-high heat.
- Add onion; cook 2 minutes, stirring frequently, until translucent.
- Add turkey; cook about 10 minutes, stirring occasionally, until no longer pink.
- Drain off any excess grease.
- Crumble sausage into cooked turkey. Cover skillet; cook 5 to 10 minutes or until sausage is no longer pink. Using potato masher, mash sausage and turkey together.
- Add bell pepper and garlic; cook 10 minutes longer or until bell peppers are softened.
- Clean mushrooms by gently wiping outsides of caps with damp paper towel or brushing off any dirt with soft brush. Pop out stems by pushing them from side to side until they snap out. With teaspoon, scrape gills until undersides of caps are mostly clean.
- Place mushrooms on cookie sheet.
- Brush both sides of mushrooms caps lightly with remaining 3 tablespoons oil; place top side down on cookie sheet. Stuff each mushroom cap with about 1/2 cup turkey mixture.
- Sprinkle with cheese.
- Bake 25 to 30 minutes or until stuffing is browned and mushrooms are thoroughly cooked.
- Garnish with cilantro before serving.

Nutrition Facts

PROTEIN 30.37% FAT 62.59% CARBS 7.04%

Properties

Glycemic Index:20.17, Glycemic Load:0.62, Inflammation Score:-7, Nutrition Score:16.932173822237%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 395.66kcal (19.78%), Fat: 27.8g (42.77%), Saturated Fat: 11.93g (74.55%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 5.28g (1.92%), Sugar: 3.51g (3.9%), Cholesterol: 85.12mg (28.37%), Sodium: 301.49mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.36g (60.71%), Vitamin B3: 11.33mg (56.65%), Selenium: 32.56µg (46.51%), Vitamin B6: 0.86mg (42.92%), Vitamin C: 35.26mg (42.74%), Phosphorus: 272.89mg (27.29%), Vitamin A: 885.41IU (17.71%), Vitamin B5: 1.71mg (17.08%), Potassium: 594.3mg (16.98%), Copper: 0.3mg (14.78%), Vitamin E: 2.07mg (13.78%), Zinc: 1.86mg (12.4%), Vitamin B2: 0.21mg (12.36%), Folate: 41.26µg (10.32%), Iron: 1.55mg (8.63%), Vitamin K: 8.12µg (7.73%), Vitamin B1: 0.12mg (7.69%), Vitamin B12: 0.43µg (7.13%), Fiber: 1.76g (7.03%), Magnesium: 25.89mg (6.47%), Manganese: 0.12mg (5.94%), Vitamin D: 0.55µg (3.7%), Calcium: 36.01mg (3.6%)