

Italian Stuffed Mushrooms - Thanksgiving Appetizer

Yield: 8 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/stuffed-mushroom-recipe-with-italian-breadcrumbs>

Ingredients:

- 16 white mushrooms extra-large
- 5 tablespoons olive oil divided
- 2 1/2 tablespoons balsamic vinegar
- 3/4 pound sweet Italian sausage removed from the casings
- 1 shallot minced
- 2 garlic cloves minced
- 2/3 Italian bread crumbs
- 6 ounces mascarpone cheese
- 1/3 cup Parmesan cheese
- 2 1/2 tablespoons fresh parsley leaves minced
- salt
- freshly ground black pepper

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 30 milligrams
4. Fat: 18 grams
5. Protein: 12 grams
6. SaturatedFat: 6 grams
7. Sodium: 480 milligrams
8. Sugar: 2 grams

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