

# Spicy Sausage Stuffed Mushrooms

Yield: 6 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-italian-sausage-appetizer-recipe>

## Ingredients:

- 6 portobello mushrooms caps, gills removed with a spoon
- 1/2 pound Italian sausage spicy, casings removed
- 1/2 pound Italian sausage sweet, casings removed
- 2 tablespoons olive oil plus more for cooking
- 1/2 cup Parmesan cheese shredded
- 1/4 cup Italian seasoned bread crumbs
- 1 egg lightly beaten
- coarse salt
- freshly ground pepper

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 100 milligrams
4. Fat: 31 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 11 grams
8. Sodium: 920 milligrams
9. Sugar: 3 grams

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