

# Sundried Tomato and Italian Sausage Stuffed Mushrooms

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 2 tablespoons extra virgin olive oil
- 12 mushrooms medium size, or 24 small
- 1/4 cup sundried tomatoes very finely chopped, I buy them in a bag and rehydrate them in warm water
- 1/2 cup sweet onion finely chopped
- 1 cup shredded Parmesan cheese freshly
- 1/2 teaspoon cracked pepper fresh
- 1/2 teaspoon paprika
- 1/2 teaspoon dried basil or 1 tbsp finely chopped fresh basil
- 3 Italian sausage links mild or medium
- chopped fresh parsley \*Optional:, for garnish

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 80 milligrams
4. Fat: 39 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 14 grams
8. Sodium: 1040 milligrams
9. Sugar: 3 grams

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