

Stuffed Mushrooms with Italian Sausage

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-stuffed-mushrooms-with-italian-sausage>

Ingredients:

- 20 button mushrooms use portabella if you can
- 4 Italian sausages
- 1 teaspoon extra virgin olive oil
- 1 teaspoon pepper powder
- salt to taste
- 1 tablespoon cream cheese
- 1 teaspoon oregano
- 1 tablespoon paprika powder
- 1 tablespoon parsley finely chopped
- 1 tablespoon grated cheese I used Parmesan

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 90 milligrams
4. Fat: 38 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 13 grams
8. Sodium: 1040 milligrams
9. Sugar: 1 grams

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