

# Creamy Sausage Stuffed Mushrooms

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 1 pound baby portobello mushrooms
- 1/2 cup parsley 1/4 cup chopped
- 3 cloves garlic
- 1/2 cup almond milk
- 3 rosemary springs of
- 1/4 cup nutritional yeast
- 4 tablespoons olive oil separated
- 1/4 cup Italian sausage cooked
- 1 tablespoon chopped chives

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 10 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 130 milligrams
9. Sugar: 4 grams

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