

Stuffed Mushrooms II

50 Antipasti
Food Network Magazine

24 white mushrooms
8 ounces Italian sausage
olive oil
2 cloves garlic, chopped
1/2 cup mozzarella cheese, shredded
1/4 cup parsley, chopped
1/4 cup Parmesan cheese
2 tablespoons olive oil

Preheat the oven to 400 degrees.

Remove and finely chop the stems of the mushrooms.

In a skillet, brown and crumble the sausage with olive oil. Add the mushroom stems and garlic. Cook until tender, 3 to 5 minutes. Cool.

Stir in the mozzarella, parsley, Parmesan and two tablespoons of olive oil. Stuff into the mushroom caps. Place the caps in a 13x9-inch baking dish.

Bake until the mushrooms are tender and the filling is crisp, 20 minutes.

Per Serving (excluding unknown items): 1309 Calories; 118g Fat (81.5% calories from fat); 54g Protein; 7g Carbohydrate; 1g Dietary Fiber; 239mg Cholesterol; 2275mg Sodium. Exchanges: 7 1/2 Lean Meat; 1/2 Vegetable; 19 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1309	Vitamin B6 (mg):	.8mg
% Calories from Fat:	81.5%	Vitamin B12 (mcg):	2.7mcg
% Calories from Carbohydrates:	2.0%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	16.5%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	118g	Folacin (mcg):	47mcg
Saturated Fat (g):	42g	Niacin (mg):	8mg
Monounsaturated Fat (g):	58g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	12g	Alcohol (kcal):	0

Cholesterol (mg):	239mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	54g
Sodium (mg):	2275mg
Potassium (mg):	745mg
Calcium (mg):	674mg
Iron (mg):	4mg
Zinc (mg):	6mg
Vitamin C (mg):	26mg
Vitamin A (i.u.):	1433IU
Vitamin A (r.e.):	274RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	7 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	19
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1309 Calories from Fat: 1068

% Daily Values*

Total Fat 118g	182%
Saturated Fat 42g	209%
Cholesterol 239mg	80%
Sodium 2275mg	95%
Total Carbohydrates 7g	2%
Dietary Fiber 1g	2%
Protein 54g	
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Vitamin A	29%
Vitamin C	44%
Calcium	67%
Iron	23%

* Percent Daily Values are based on a 2000 calorie diet.