

Stuffed Mushrooms

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 30 mushrooms

1 pound + 12 ounce cap mushrooms
1 1/4 ounces butter
1 small onion, finely chopped
3 1/2 ounces pork mince
2 ounces chorizo sausage, finely chopped
1 tablespoon tomato paste
2 tablespoons dry breadcrumbs
1 tablespoon fresh flat-leaf parsley, chopped

Preparation Time: 25 minutes

25 minutes

Remove the stems from the mushrooms. Finally chop the stems. Set aside.

In a frying pan over low heat, melt the butter. Add the onion. Cook, stirring occasionally, for 5 minutes or until soft. Increase the heat to high. Add the pork mince. Cook for 1 minute, stirring constantly and breaking up any lumps.

Add the mushroom stems and chorizo. Continue cooking for 1 minute or until the mixture is dry and browned. Add the tomato paste and 1/2 cup of water. Bring to a boil. Reduce the heat to low and simmer for 5 minutes or until thick. Stir in the breadcrumbs. Transfer to a bowl and cool.

Preheat the oven to 415 degrees.

Lightly grease a baking tray.

Spoon about 1-1/2 teaspoons of the cooled meat into the mushroom caps, smoothing the top with a flat-blade knife so that the filling is slightly domed. Place on the tray.

Bake in the top half of the oven for 10 minutes.

Sprinkle with the parsley and serve hot.

Per Serving (excluding unknown items): 364 Calories; 30g Fat (71.5% calories from fat); 4g Protein; 23g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 544mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Vegetable; 6 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	364	Vitamin B6 (mg):	.2mg
% Calories from Fat:	71.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	24.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	4.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	30g	Folacin (mcg):	35mcg
Saturated Fat (g):	18g	Niacin (mg):	2mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	78mg	% Refuse:	0.0%
Carbohydrate (g):	23g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	1/2
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	544mg	Vegetable:	2 1/2
Potassium (mg):	386mg	Fruit:	0
Calcium (mg):	72mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	6
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	19mg		
Vitamin A (i.u.):	1679IU		
Vitamin A (r.e.):	327 1/2RE		

Nutrition Facts

Amount Per Serving	
Calories 364	Calories from Fat: 260
% Daily Values*	
Total Fat 30g	46%
Saturated Fat 18g	90%
Cholesterol 78mg	26%
Sodium 544mg	23%
Total Carbohydrates 23g	8%
Dietary Fiber 3g	12%
Protein 4g	
Vitamin A	34%
Vitamin C	32%
Calcium	7%
Iron	9%

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