# **Chorizo Hash-Stuffed Mushroom Caps**

Alison Ladman - Associated Press Scripps Treasure Coast Newspapers

### Yield: 12 pieces

12 cremini mushroom caps
salt and ground black pepper
1 teaspoon olive oil
1/2 small yellow onion, chopped
1 link (4 ounces) fresh chorizo
sausage, casing removed and crumbled
1 small potato, grated
2 tablespoons water
1/4 cup manchego cheese, grated

## Preparation Time: 15 minutes

Preheat the oven to 400 degrees.

Arrange the mushroom caps, open end up, on a rimmed baking sheet. Sprinkle with salt and pepper. Roast for 15 minutes.

Meanwhile, in a medium skillet over mediumhigh, heat the olive oil. Add the onion and chorizo and saute' until browned, 5 to 6 minutes. Add the potato and water. Cook for another 3 to 4 minutes.

When the mushrooms are roasted, spoon the sausage mixture into the caps and sprinkle with the cheese.

Return to the oven for another 10 minutes.

Serve warm or at room temperature.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 157 Calories; 5g Fat (26.2% calories from fat); 3g Protein; 27g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 1 Fat.

**Appetizers** 

#### Dar Camina Mutritional Analysis

 Calories (kcal):
 157
 Vitamin B6 (mg):
 .4mg

 % Calories from Fat:
 26.2%
 Vitamin B12 (mcg):
 0mcg

 % Calories from Carbohydrates:
 66.0%
 Thiamin B1 (mg):
 .1mg

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% Calories from Protein:	7.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	5g	Folacin (mcg):	26mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0 n n%
Cholesterol (mg):	0mg	1/2 Dofiles.	11 11%
Carbohydrate (g):	27g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	1 1/2
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	10mg	Vegetable:	1
Potassium (mg):	749mg	Fruit:	0
Calcium (mg):	20mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	28mg	•	
Vitamin A (i.u.):	OIU		
Vitamin A (r.e.):	0RE		

## **Nutrition Facts**

Amount Per Serving			
Calories 157	Calories from Fat: 41		
	% Daily Values*		
Total Fat 5g Saturated Fat 1g Cholesterol 0mg Sodium 10mg Total Carbohydrates 27g Dietary Fiber 3g Protein 3g	7% 3% 0% 0% 9% 12%		
Vitamin A Vitamin C Calcium Iron	0% 46% 2% 6%		

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.