



Baked Potatoes with Wild Mushroom Rag?

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



383 kcal

SIDE DISH

Ingredients

- 4 pounds baking potatoes
- 1 cup 3%-less-sodium low-sodium
- 0.3 cup canola oil plus more for rubbing
- 1 cup wine dry white
- 4 garlic minced
- 4 pounds mushrooms wild mixed
- 8 servings salt and pepper freshly ground
- 1 tablespoon tarragon chopped

- 2 teaspoons thyme leaves chopped
- 2 tablespoons butter unsalted
- 1 onion white finely chopped

Equipment

- frying pan
- oven

Directions

- Preheat the oven to 42
- Pierce the potatoes with a fork and rub with oil.
- Bake for 1 hour, or until tender when pierced.
- Meanwhile, in a large, deep skillet, melt the butter in the oil.
- Add the mushrooms, season with salt and pepper and cook over high heat, stirring occasionally, until tender, 20 minutes.
- Add the onion and garlic and cook, stirring, until the mushrooms are deeply browned, 8 minutes.
- Add the wine and cook until evaporated. Stir in the stock, tarragon and thyme and bring to a boil. Season with salt and pepper.
- Slit the potatoes and fluff the insides with a fork. Season with salt and transfer to plates. Spoon the mushroom rag onto the potatoes and serve.

Nutrition Facts



PROTEIN 11.44% **FAT 26.57%** **CARBS 61.99%**

Properties

Glycemic Index:37.97, Glycemic Load:36.17, Inflammation Score:-8, Nutrition Score:25.678260639958%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg,

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 383.4kcal (19.17%), Fat: 11.4g (17.54%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 59.86g (19.95%), Net Carbohydrates: 50.84g (18.49%), Sugar: 7.73g (8.59%), Cholesterol: 7.53mg (2.51%), Sodium: 237.67mg (10.33%), Alcohol: 3.09g (100%), Alcohol %: 0.72% (100%), Protein: 11.05g (22.1%), Vitamin B6: 1.52mg (76.15%), Vitamin B3: 11.69mg (58.46%), Manganese: 1.03mg (51.73%), Potassium: 1738.31mg (49.67%), Vitamin B5: 4.13mg (41.3%), Phosphorus: 403.39mg (40.34%), Fiber: 9.02g (36.07%), Vitamin B2: 0.6mg (35.35%), Copper: 0.59mg (29.56%), Magnesium: 106.48mg (26.62%), Zinc: 3.15mg (20.98%), Selenium: 14.22µg (20.31%), Iron: 3.45mg (19.17%), Vitamin C: 15.65mg (18.97%), Folate: 66.92µg (16.73%), Vitamin B1: 0.23mg (15.56%), Vitamin K: 9.52µg (9.07%), Vitamin E: 1.33mg (8.89%), Vitamin D: 0.96µg (6.4%), Calcium: 56.73mg (5.67%), Vitamin A: 150.65IU (3.01%)