



Burgundy Mushrooms

READY IN



555 min.

SERVINGS



10

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 beef bouillon cubes
- 1 teaspoon pepper black freshly ground
- 0.5 pound butter (2 sticks)
- 4 chicken bouillon cubes
- 10 servings top for serving
- 1 teaspoon dill seed
- 4 cloves garlic peeled
- 10 servings salt
- 2 cups water boiling

- 4 pounds button mushrooms white
- 1 liter burgundy wine dry red (other wines will work)
- 1.5 teaspoons worcestershire sauce

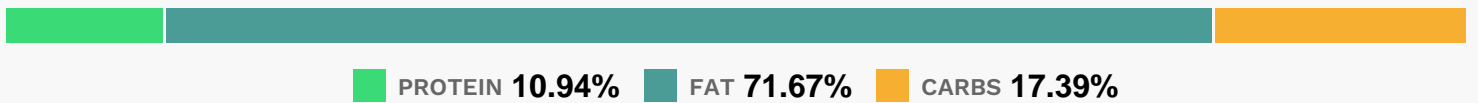
Equipment

- bowl
- pot

Directions

- Watch how to make this recipe.
- Thoroughly wash the mushrooms and throw them into a large stockpot.
- Add the wine, boiling water, butter, Worcestershire sauce, dill seed, black pepper, beef and chicken bouillon cubes and garlic. Stir to combine.
- Bring the mixture to a boil over medium-high heat. Reduce the heat to low and simmer, covered, for 6 hours.
- Remove the lid, and then continue cooking, uncovered, for 3 hours.
- Add salt to taste at the end of the cooking process. The mushrooms will be very dark in color.
- Serve straight from the pot or spoon the mushrooms and cooking liquid into a serving bowl. Have crusty bread nearby to soak up the deliciousness.

Nutrition Facts



Properties

Glycemic Index:23.95, Glycemic Load:2.27, Inflammation Score:-6, Nutrition Score:13.6373912407%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 300.06kcal (15%), Fat: 19.36g (29.79%), Saturated Fat: 11.85g (74.03%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 8.61g (3.13%), Sugar: 5.07g (5.63%), Cholesterol: 49.03mg (16.34%), Sodium: 1140.14mg (49.57%), Alcohol: 10.55g (100%), Alcohol %: 3.71% (100%), Protein: 6.65g (13.3%), Vitamin B2: 0.78mg (45.82%), Vitamin B3: 6.89mg (34.46%), Copper: 0.6mg (30.15%), Vitamin B5: 2.81mg (28.06%), Selenium: 18.69µg (26.7%), Potassium: 712.6mg (20.36%), Phosphorus: 192.35mg (19.23%), Manganese: 0.27mg (13.74%), Vitamin B6: 0.27mg (13.3%), Vitamin A: 568.84IU (11.38%), Vitamin B1: 0.17mg (11.28%), Folate: 34.96µg (8.74%), Iron: 1.5mg (8.34%), Magnesium: 31.73mg (7.93%), Fiber: 1.96g (7.83%), Zinc: 1.15mg (7.63%), Vitamin C: 4.36mg (5.29%), Vitamin E: 0.56mg (3.72%), Calcium: 32.22mg (3.22%), Vitamin D: 0.36µg (2.42%), Vitamin B12: 0.13µg (2.2%), Vitamin K: 1.95µg (1.86%)