



WHATShEATE



Cajun Mushroom Loaf



Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



295 kcal

SIDE DISH

Ingredients

- ☐ 1 stick butter
- ☐ 1 tablespoon cajun seasoning blend
- ☐ 4 eggs
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 2 sprigs thyme leaves fresh
- ☐ 4 garlic cloves minced
- ☐ 1 cup heavy cream
- ☐ 1.5 pounds mushrooms sliced

- ☐ 0.5 cup seasoned bread crumbs
- ☐ 1 cup onion diced yellow

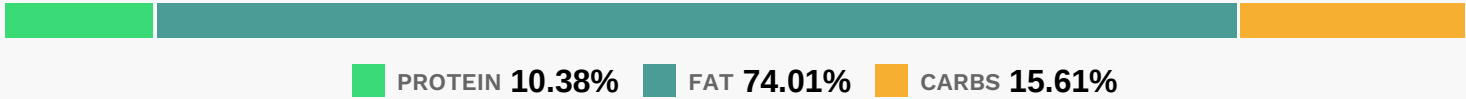
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ loaf pan
- ☐ roasting pan

Directions

- ☐ Special equipment: 1 (9 by 5-inch) loaf pan
- ☐ Preheat the oven to 350 degrees F.
- ☐ Put the butter into a 4-quart pot and place over medium heat. When the butter has melted, add the onion, garlic and thyme sprigs.
- ☐ Saute until translucent, about 10 minutes.
- ☐ Add the mushrooms to the pot, stir, and raise the heat a bit. Cook the mixture until the liquid has cooked off, about 15 to 20 minutes.
- ☐ Remove from the heat and set aside.
- ☐ Meanwhile, crack the eggs into a large bowl and whisk well.
- ☐ Add the cream, parsley and Cajun seasoning and whisk to combine.
- ☐ Add the mushroom mixture 1 serving spoonful at a time to temper the egg mixture, stirring well after each addition.
- ☐ Add the breadcrumbs and stir well.
- ☐ Spray the loaf pan with nonstick spray, line with parchment paper, and pour the mixture into the pan. Set in a large roasting pan and fill the pan with water halfway up the loaf pan.
- ☐ Place into the top half of the oven and bake until the center is set, about 60 to 70 minutes.
- ☐ Remove from the oven and let cool 15 minutes before turning out onto a plate to slice.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:1.23, Inflammation Score:-8, Nutrition Score:13.581739301267%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 294.95kcal (14.75%), Fat: 25.15g (38.69%), Saturated Fat: 14.97g (93.56%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 9.95g (3.62%), Sugar: 4.04g (4.49%), Cholesterol: 145.9mg (48.63%), Sodium: 237.27mg (10.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.87%), Vitamin K: 37.01µg (35.25%), Vitamin B2: 0.56mg (32.65%), Vitamin A: 1524.92IU (30.5%), Selenium: 17.92µg (25.6%), Vitamin B3: 3.72mg (18.62%), Vitamin B5: 1.81mg (18.13%), Copper: 0.33mg (16.53%), Phosphorus: 162.82mg (16.28%), Potassium: 416.87mg (11.91%), Vitamin B1: 0.17mg (11.55%), Vitamin B6: 0.21mg (10.67%), Folate: 42.57µg (10.64%), Manganese: 0.19mg (9.62%), Iron: 1.62mg (9.02%), Vitamin C: 7.02mg (8.51%), Fiber: 1.99g (7.97%), Vitamin E: 1.13mg (7.56%), Vitamin D: 1.09µg (7.24%), Zinc: 1.03mg (6.88%), Calcium: 64.47mg (6.45%), Vitamin B12: 0.33µg (5.46%), Magnesium: 21.38mg (5.34%)