



Chilean Mushroom Crumbs



Vegetarian

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READY IN

ready

45 min.

SERVINGS

servings

3

CALORIES

calories

359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups coarse bread crumbs fresh
- ☐ 2 medium garlic cloves minced
- ☐ 2.5 tablespoons plum brandy dry
- ☐ 1 ounce chilean mushrooms ; see note wild dried
- ☐ 1 tablespoon olive oil pure
- ☐ 3 servings salt and pepper freshly ground
- ☐ 2 small shallots minced
- ☐ 1 teaspoon thyme leaves finely chopped

- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup water boiling

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small bowl, cover the dried mushrooms with the boiling water and let stand until softened, about 20 minutes.
- ☐ Drain the mushrooms, reserving 2 tablespoons of the liquid; be sure it doesn't contain any grit. Press any excess liquid from the mushrooms, coarsely chop them and transfer to a plate.
- ☐ In a large skillet, melt the butter in the olive oil.
- ☐ Add the shallots and cook over moderate heat, stirring occasionally, until wilted, about 2 minutes.
- ☐ Add the chopped mushrooms and garlic and 2 tablespoons of the Marsala and cook, stirring frequently, until the Marsala is slightly reduced, about 2 minutes.
- ☐ Add the bread crumbs and continue cooking, stirring frequently, until completely blended, about 3 minutes.
- ☐ Scrape the crumb mixture into a large skillet and stir in the remaining 1/2 tablespoon of Marsala and the thyme. Season with salt and pepper and toast over moderately high heat, stirring, until the crumbs are lightly browned and crisp, about 5 minutes.
- ☐ Make Ahead: The crumbs can be refrigerated for up to 3 days.
- ☐ Serve With: Pan-roasted chicken breasts (stuff about 1/2 cup under the skin of each of 6 chicken breasts) or pork chops (press 1/2 cup of the crumbs onto each of 6 pork chops); pasta, such as spaghetti, rigatoni or fusilli (toss the crumbs with the cooked pasta, adding a little pasta cooking water, butter, Marsala and Parmesan cheese).
- ☐ Notes: Chilean wild mushrooms, or porcini, are available at gourmet food stores or by mail order from March aux Delices (888-547-5471).

Nutrition Facts



 PROTEIN **9.43%**  FAT **39.3%**  CARBS **51.27%**

Properties

Glycemic Index:45.67, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:11.520869576413%

Flavonoids

Petunidin: 0.83mg, Petunidin: 0.83mg, Petunidin: 0.83mg, Petunidin: 0.83mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 11.85mg, Malvidin: 11.85mg, Malvidin: 11.85mg, Malvidin: 11.85mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 359.21kcal (17.96%), Fat: 15.17g (23.34%), Saturated Fat: 6.1g (38.13%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 41.33g (15.03%), Sugar: 5.84g (6.49%), Cholesterol: 20.07mg (6.69%), Sodium: 598.13mg (26.01%), Alcohol: 1.91g (100%), Alcohol %: 1.28% (100%), Protein: 8.19g (16.37%), Vitamin B1: 0.55mg (36.46%), Manganese: 0.61mg (30.5%), Selenium: 15.13µg (21.61%), Vitamin B3: 4.01mg (20.07%), Iron: 3.07mg (17.03%), Folate: 65.69µg (16.42%), Vitamin B2: 0.27mg (15.86%), Fiber: 3.19g (12.77%), Calcium: 117.36mg (11.74%), Phosphorus: 114.36mg (11.44%), Copper: 0.21mg (10.6%), Vitamin B6: 0.16mg (8%), Magnesium: 31.24mg (7.81%), Vitamin K: 7.19µg (6.85%), Zinc: 0.96mg (6.4%), Vitamin E: 0.94mg (6.27%), Potassium: 217.46mg (6.21%), Vitamin A: 265.76IU (5.32%), Vitamin B5: 0.52mg (5.17%), Vitamin C: 3.22mg (3.91%), Vitamin B12: 0.21µg (3.48%), Vitamin D: 0.16µg (1.06%)