



## Chili-painted Portabellas in Puff Pastry

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoons puréed chipotle chilies canned (see notes)
- 1 large eggs
- 2 tablespoons oyster sauce prepared
- 4 portabella mushrooms with caps cleaned trimmed (see below)
- 1 sheet puff pastry frozen thawed (10 in. square) (half of a 1-lb. package)

### Equipment

- bowl
- baking sheet

- oven
- knife
- colander

## Directions

- Unfold puff pastry sheet on a lightly floured board; cut into quarters, each 5 inches square.
- Roll out each slightly into a 6-inch square.
- In a small bowl, mix oyster sauce and pured chipotle chilies.
- Brush mixture generously over both sides of mushroom caps, using it all.
- Center each cap, gill side up, on a puff pastry square. Fold corners of pastry over mushroom to enclose, overlapping slightly; pinch edges together to seal. Set bundles, seams down and slightly apart, on a 12- by 15-inch baking sheet lined with cooking parchment.
- In a small bowl, beat egg to blend with 1 tablespoon water.
- Brush tops and sides of pastry bundles lightly with egg mixture (discard extra). With a small, sharp knife, cut three or four slits (each about 1/4 in. long) through pastry across top of each bundle.
- Bake in a 425 regular or convection oven until puff pastry is golden brown, about 10 minutes.
- Serve warm.
- Cleaning mushrooms: Trim off tough or discolored bottoms of mushroom stems and any bruised spots or blemishes. (For shiitakes and oysters, remove the entire fibrous stem.) For firm mushrooms such as portabellas, wipe dirt off with a damp cloth or place in a colander, rinse thoroughly under cool running water, and pat dry with towels. For delicate mushrooms that have lots of places for dirt to hide, such as chanterelles and hedgehogs, submerge in a bowl of cool water and gently agitate with you hands to loose any particles.
- Drain, rinse carefully under running water, and gently pat dry with a towel.

## Nutrition Facts

 **PROTEIN 8.39%**  **FAT 56.76%**  **CARBS 34.85%**

## Properties

Glycemic Index:14, Glycemic Load:14.95, Inflammation Score:-3, Nutrition Score:12.07434782815%

## Nutrients (% of daily need)

Calories: 390.59kcal (19.53%), Fat: 25g (38.46%), Saturated Fat: 6.4g (40.03%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 31.44g (11.43%), Sugar: 4.13g (4.59%), Cholesterol: 46.5mg (15.5%), Sodium: 426.7mg (18.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.62%), Selenium: 34.68µg (49.54%), Vitamin B3: 6.47mg (32.35%), Vitamin B2: 0.35mg (20.64%), Vitamin B1: 0.3mg (19.95%), Folate: 78.52µg (19.63%), Manganese: 0.37mg (18.26%), Copper: 0.33mg (16.61%), Phosphorus: 154.2mg (15.42%), Fiber: 3.09g (12.38%), Vitamin B5: 1.15mg (11.51%), Iron: 2.06mg (11.46%), Potassium: 365.23mg (10.44%), Vitamin K: 9.9µg (9.43%), Vitamin B6: 0.16mg (7.99%), Zinc: 0.94mg (6.26%), Vitamin D: 0.5µg (3.35%), Vitamin E: 0.48mg (3.19%), Vitamin B12: 0.19µg (3.17%), Magnesium: 11.66mg (2.91%), Calcium: 18.52mg (1.85%), Vitamin A: 68.11IU (1.36%)