



Creamy Mushroom Spread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



14 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 16 ounce mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 0.5 cup cup heavy whipping cream light sour

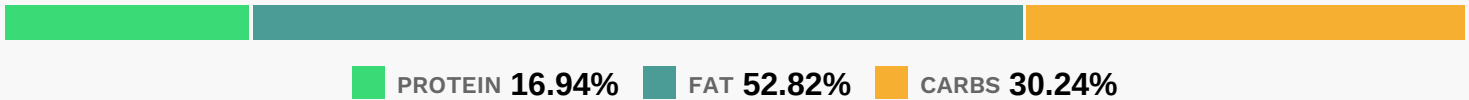
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place mushrooms in a food processor; process until finely chopped.
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms, shallots, thyme, and garlic; cook for 10 minutes or until liquid evaporates, stirring occasionally. Stir in salt and pepper.
- ☐ Place mushroom mixture in a bowl; stir in sour cream.
- ☐ Serve spread at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:5.28, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.1495652166398%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 13.62kcal (0.68%), Fat: 0.87g (1.34%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.44g (0.48%), Cholesterol: 1.26mg (0.42%), Sodium: 40.3mg (1.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin B2: 0.06mg (3.67%), Vitamin B3: 0.52mg (2.61%), Copper: 0.05mg (2.43%), Vitamin B5: 0.22mg (2.19%), Selenium: 1.48µg (2.11%), Potassium: 60.41mg (1.73%), Phosphorus: 16.26mg (1.63%), Vitamin B6: 0.02mg (1.23%)