



Creamy Sauteed Mushrooms with Toast

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup butter ()
- 1.5 pounds mushrooms sliced
- 2 bread sliced
- 0.8 cup parsley fresh chopped
- 1.5 pounds mushroom caps fresh stemmed sliced
- 0.8 cup plum brandy sweet
- 30 servings olive oil
- 1.5 cups shallots chopped

2 cups whipping cream ()

Equipment

frying pan

baking sheet

oven

Directions

Divide butter between 2 heavy large skillets and melt over medium-high heat. Divide shallots between skillets; sauté until beginning to soften, about 5 minutes. Divide mushrooms between skillets.

Sprinkle with salt and pepper. Sauté until almost tender, about 8 minutes. Divide Marsala between skillets; stir until evaporated, about 1 minute.

Pour 1 cup cream into each skillet; cook until sauce thickens, stirring occasionally, about 4 minutes. Season with salt and pepper.

Combine mushrooms in 1 skillet. (Can be made 1 day ahead. Cool slightly. Cover; chill. Before serving, rewarm over medium heat, thinning with more cream if necessary.)

Preheat oven to 350°F.

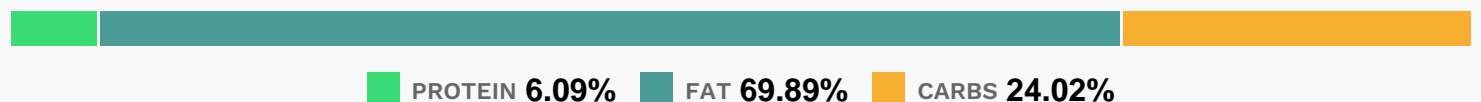
Place bread slices on baking sheets.

Brush with olive oil; sprinkle with pepper.

Bake until beginning to brown, about 15 minutes. Stir parsley into mushroom mixture; transfer to chafing dish.

Serve with toasts.

Nutrition Facts



Properties

Glycemic Index:8.55, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:9.7678261632505%

Flavonoids

Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 5.69mg, Malvidin: 5.69mg, Malvidin: 5.69mg, Malvidin: 5.69mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 322.29kcal (16.11%), Fat: 25.19g (38.75%), Saturated Fat: 8.65g (54.09%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 17.67g (6.43%), Sugar: 4.1g (4.55%), Cholesterol: 30.13mg (10.04%), Sodium: 207.56mg (9.02%), Alcohol: 0.92g (100%), Alcohol %: 0.92% (100%), Protein: 4.94g (9.88%), Vitamin K: 34.21µg (32.59%), Vitamin B2: 0.29mg (17.11%), Selenium: 11.73µg (16.76%), Vitamin E: 2.37mg (15.79%), Vitamin B3: 3.05mg (15.26%), Vitamin B1: 0.22mg (14.94%), Manganese: 0.25mg (12.34%), Folate: 46.71µg (11.68%), Vitamin A: 501.89IU (10.04%), Phosphorus: 91.98mg (9.2%), Iron: 1.59mg (8.85%), Vitamin B5: 0.86mg (8.58%), Vitamin B6: 0.17mg (8.32%), Copper: 0.16mg (8.1%), Fiber: 1.81g (7.23%), Potassium: 242.18mg (6.92%), Magnesium: 20.11mg (5.03%), Zinc: 0.74mg (4.93%), Vitamin C: 3.51mg (4.26%), Calcium: 33.9mg (3.39%), Vitamin D: 0.39µg (2.6%)