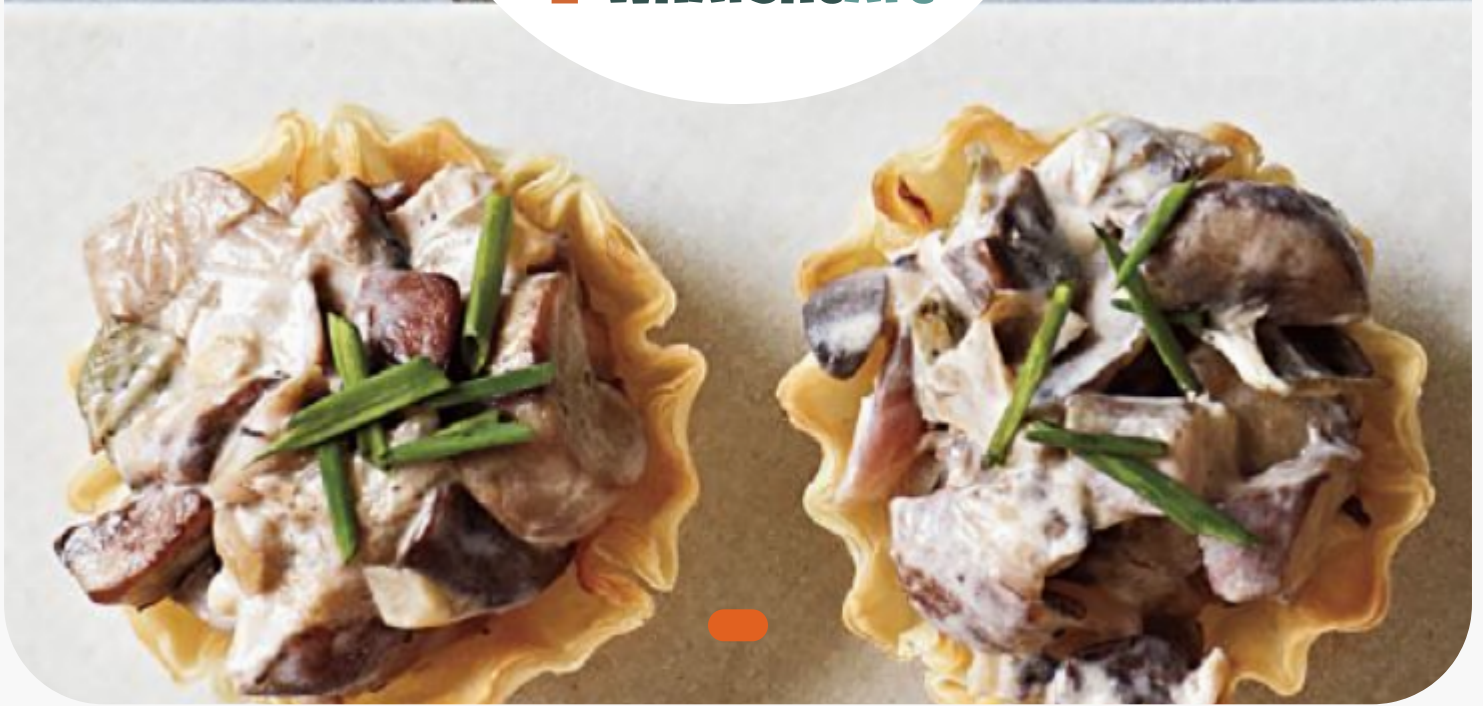




Creamy Wild Mushroom and Goat Cheese Cups

READY IN



40 min.

SERVINGS



10

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup cooking sherry dry
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 1.5 tablespoons garlic minced
- ☐ 0.3 cup goat cheese
- ☐ 3 tablespoons half-and-half
- ☐ 0.4 teaspoon kosher salt divided

- ☐ 1 teaspoon lower-sodium soy sauce
- ☐ 1 pound exotic mushrooms chopped (such as shiitake, cremini, and oyster)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4.2 ounce phyllo shells frozen mini thawed (such as Athens)
- ☐ 0.5 cup shallots chopped (2 large)
- ☐ 3 tablespoons cup heavy whipping cream light sour

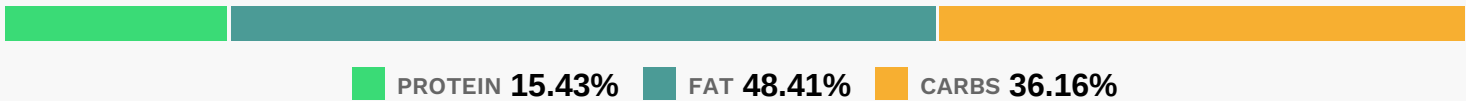
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add shallots, and saut 1 minute.
- ☐ Add sage, 1/4 teaspoon salt, pepper, and mushrooms; saut 4 minutes.
- ☐ Add garlic, and saut until mushrooms are lightly browned and liquid almost evaporates (about 5 minutes). Stir in sherry and soy sauce; cook for 30 seconds or until liquid almost evaporates.
- ☐ Place mushroom mixture in a medium bowl. Stir in the remaining 1/8 teaspoon salt, sour cream, half-and-half, and goat cheese. Spoon about 2 teaspoons mushroom mixture into each phyllo shell.
- ☐ Garnish with fresh chives.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:0.96, Inflammation Score:-2, Nutrition Score:8.9221739017445%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 120.96kcal (6.05%), Fat: 6.79g (10.44%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 10.44g (3.8%), Sugar: 2.18g (2.42%), Cholesterol: 5.45mg (1.82%), Sodium: 161.02mg (7%), Alcohol: 0.82g (100%), Alcohol %: 1.05% (100%), Protein: 4.87g (9.74%), Copper: 3.84mg (192.01%), Vitamin B2: 0.23mg (13.25%), Manganese: 0.22mg (10.91%), Vitamin B3: 1.72mg (8.6%), Vitamin B5: 0.78mg (7.8%), Phosphorus: 72.4mg (7.24%), Selenium: 4.96µg (7.09%), Vitamin B6: 0.13mg (6.29%), Potassium: 218.32mg (6.24%), Fiber: 0.97g (3.87%), Iron: 0.69mg (3.85%), Vitamin B1: 0.06mg (3.84%), Calcium: 35.23mg (3.52%), Folate: 13.92µg (3.48%), Vitamin C: 2.69mg (3.27%), Vitamin K: 3.33µg (3.17%), Magnesium: 12.07mg (3.02%), Vitamin E: 0.45mg (3%), Zinc: 0.42mg (2.83%), Vitamin A: 113.2IU (2.26%)