



WHATSheATE



Crispy Baked Portobello Mushroom Fries

🤍 Popular

READY IN



20 min.

SERVINGS



2

CALORIES



334 kcal

SIDE DISH

Ingredients

- ☐ 2 eggs lightly beaten
- ☐ 0.5 cup flour
- ☐ 0.8 cup panko breadcrumbs
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 2 medium portabello mushrooms sliced
- ☐ 2 servings salt and pepper to taste
- ☐ 0.5 teaspoon thyme leaves

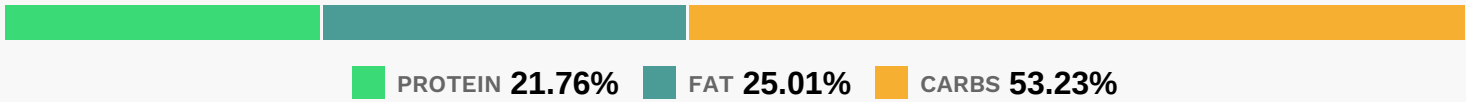
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Dredge the portobello slices in the flour, dip them in the egg and then into a mixture of the panko breadcrumbs, parmesan, thyme salt and pepper.
- ☐ Place the mushroom slices on a wire rack on a baking sheet and bake in a preheated 425F oven until golden brown, about 8–12 minutes.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:17.38, Inflammation Score:-7, Nutrition Score:19.045652094095%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 333.53kcal (16.68%), Fat: 9.21g (14.18%), Saturated Fat: 3.8g (23.75%), Carbohydrates: 44.13g (14.71%), Net Carbohydrates: 41.12g (14.95%), Sugar: 3.84g (4.27%), Cholesterol: 172.18mg (57.39%), Sodium: 629.45mg (27.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.04g (36.09%), Selenium: 48.21µg (68.87%), Vitamin B3: 7.19mg (35.94%), Vitamin B1: 0.54mg (35.68%), Vitamin B2: 0.6mg (35.25%), Phosphorus: 335.99mg (33.6%), Folate: 126.56µg (31.64%), Manganese: 0.5mg (25.09%), Calcium: 223.17mg (22.32%), Iron: 3.76mg (20.88%), Vitamin B5: 1.95mg (19.52%), Copper: 0.38mg (19.06%), Potassium: 458.6mg (13.1%), Zinc: 1.91mg (12.74%), Vitamin B6: 0.25mg (12.66%), Fiber: 3.02g (12.07%), Vitamin B12: 0.66µg (11.04%), Vitamin D: 1.19µg (7.96%), Vitamin A: 358.98IU (7.18%), Magnesium: 28.14mg (7.03%), Vitamin E: 0.54mg (3.62%), Vitamin K: 1.92µg (1.83%)