

 **56%**
HEALTH SCORE

Dinner Tonight: Mushroom 'Migas

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



867 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups bread
- ☐ 3 tablespoons butter
- ☐ 2 juice of lemon
- ☐ 1 pound mushrooms chopped
- ☐ 0.3 cup parsley chopped
- ☐ 2 servings salt and pepper to taste
- ☐ 1 shallots minced

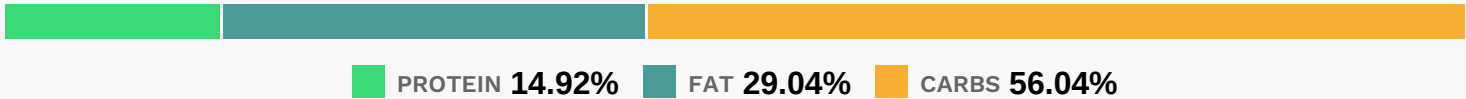
Equipment

☐ frying pan

Directions

- ☐ In a large skillet, melt 2 tablespoons of the butter over medium heat.
- ☐ Add the mushrooms, shallot, then salt and pepper to taste. Cook until tender, about 10 minutes.
- ☐ Remove the mushrooms and set aside. Melt the remaining tablespoon of butter in the skillet and add the bread. Cook, stirring only occasionally, until the bread is beginning to crisp but is still chewy.
- ☐ Add the mushrooms back to the pan and toss to combine. Check for seasoning, then toss with the parsley and lemon juice.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:101.33, Glycemic Load:62.61, Inflammation Score:-9, Nutrition Score:48.817826488744%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 867.02kcal (43.35%), Fat: 28.66g (44.1%), Saturated Fat: 12.58g (78.63%), Carbohydrates: 124.43g (41.48%), Net Carbohydrates: 111.96g (40.71%), Sugar: 19.86g (22.07%), Cholesterol: 45.15mg (15.05%), Sodium: 1465.22mg (63.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.28%), Manganese: 2.98mg (148.97%), Vitamin K: 136.16µg (129.68%), Selenium: 89.63µg (128.04%), Vitamin B3: 21.57mg (107.86%), Vitamin B2: 1.53mg (89.97%), Vitamin B1: 1.18mg (78.55%), Folate: 261.94µg (65.48%), Iron: 10.3mg (57.2%), Copper: 1.1mg (54.92%), Vitamin B5: 5.46mg (54.64%), Phosphorus: 519.53mg (51.95%), Fiber: 12.47g (49.88%), Vitamin C: 27.82mg (33.72%), Potassium: 1174.08mg (33.55%), Calcium: 324.47mg (32.45%), Magnesium: 126.01mg (31.5%), Vitamin B6: 0.56mg (28.14%), Zinc: 3.8mg (25.36%), Vitamin A: 1163.62IU (23.27%), Vitamin E: 1.07mg (7.1%), Vitamin

D: 0.45µg (3.02%), Vitamin B12: 0.13µg (2.11%)