



Drunken Mushroom Gratin

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1.5 pounds common button mushrooms fresh rinsed trimmed sliced (brown)
- 1 tablespoon thyme leaves dried fresh chopped
- 2 tablespoons garlic minced
- 6 oz jack cheese fresh shredded
- 6 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lemon fresh
- 0.5 ounce morel mushrooms dried

- 1 cup pinot noir chocolate brownies dry red
- 0.5 cup shallots minced
- 0.5 cup whipping cream

Equipment

- frying pan
- baking sheet
- sauce pan
- ramekin
- broiler

Directions

- In a small saucepan over high heat, bring wine to a boil.
- Remove from heat, add morel mushrooms, and let stand until soft, about 20 minutes. Lift morels from liquid, squeezing out any excess, and finely chop. Reserve morels and liquid.
- Meanwhile, melt butter in a large frying pan over medium-high heat.
- Add shallots and garlic and cook, stirring often, until soft, about 3 minutes. Increase heat to high, add cremini mushrooms, and cook, stirring often, until almost all their liquid has evaporated and creminis are beginning to brown, 8 to 10 minutes.
- Carefully pour wine into pan, leaving behind any sediment from morels, and boil until reduced by about half, 4 to 5 minutes.
- Add chopped morels, cream, and thyme, and boil, stirring occasionally, until sauce is slightly thickened, 4 to 5 minutes. Stir in the lemon juice and salt and pepper to taste.
- Preheat broiler. Spoon mushroom mixture into 6 small ramekins.
- Sprinkle with cheese and set on a baking sheet.
- Broil 4 to 6 inches from heat just until cheese is melted and starting to brown, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:2.01, Inflammation Score:-9, Nutrition Score:12.988260953323%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 285.67kcal (14.28%), Fat: 20g (30.76%), Saturated Fat: 12.45g (77.79%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 8.25g (3%), Sugar: 4.63g (5.14%), Cholesterol: 57.68mg (19.23%), Sodium: 214.59mg (9.33%), Alcohol: 4.2g (100%), Alcohol %: 2.27% (100%), Protein: 11.9g (23.8%), Vitamin B2: 0.62mg (36.65%), Phosphorus: 258.1mg (25.81%), Calcium: 247.55mg (24.76%), Selenium: 15.97µg (22.82%), Vitamin B3: 4.27mg (21.35%), Copper: 0.42mg (21.01%), Vitamin B5: 1.91mg (19.06%), Potassium: 500.79mg (14.31%), Vitamin A: 683.33IU (13.67%), Vitamin B6: 0.26mg (12.86%), Zinc: 1.67mg (11.16%), Manganese: 0.21mg (10.29%), Vitamin C: 7.74mg (9.39%), Iron: 1.58mg (8.76%), Folate: 33.35µg (8.34%), Fiber: 2.08g (8.33%), Vitamin B1: 0.12mg (8.02%), Magnesium: 26.79mg (6.7%), Vitamin D: 0.83µg (5.56%), Vitamin B12: 0.32µg (5.34%), Vitamin E: 0.39mg (2.6%), Vitamin K: 2.04µg (1.94%)