



## Duxelles - A Simple Spread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



44 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 tablespoons butter unsalted
- 0.3 cup shallots finely chopped
- 1 garlic clove minced
- 1 pound mushrooms white assorted ends trimmed finely chopped (such as shiitake, button, and cremini)
- 1 serving coarse salt
- 1 tablespoon parsley fresh finely chopped
- 0.1 teaspoon pepper freshly ground

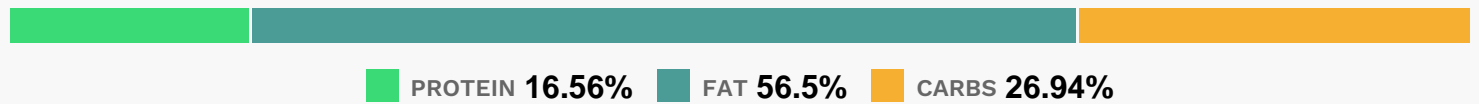
# Equipment

- frying pan

# Directions

- Melt butter in a large skillet over medium heat.
- Add shallot and garlic; cook, stirring, until softened, about 3 minutes.
- Add mushrooms and 1/4 teaspoon salt; cook, stirring, until mushrooms have softened and released their liquid, about 7 minutes. Raise heat to medium-high; cook until liquid has evaporated, about 3 minutes more. Stir in parsley, 1/2 teaspoon salt, and the pepper.
- Let cool completely.

# Nutrition Facts



# Properties

Glycemic Index:19.5, Glycemic Load:0.76, Inflammation Score:-2, Nutrition Score:4.4417390473511%

# Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 43.71kcal (2.19%), Fat: 3.05g (4.69%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.71g (1.91%), Cholesterol: 7.53mg (2.51%), Sodium: 28.68mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Vitamin B2: 0.23mg (13.62%), Vitamin B3: 2.07mg (10.36%), Copper: 0.19mg (9.48%), Vitamin B5: 0.88mg (8.79%), Vitamin K: 8.56µg (8.15%), Selenium: 5.45µg (7.79%), Potassium: 210.53mg (6.02%), Phosphorus: 54.95mg (5.5%), Vitamin B6: 0.09mg (4.49%), Vitamin B1: 0.05mg (3.45%), Fiber: 0.84g (3.34%), Folate: 13.03µg (3.26%), Vitamin C: 2.56mg (3.11%), Manganese: 0.06mg (2.97%), Vitamin A: 130.09IU (2.6%), Iron: 0.41mg (2.3%), Zinc: 0.34mg (2.25%), Magnesium: 7.12mg (1.78%), Vitamin D: 0.17µg (1.11%)