



## Easy Garlic Escargots

READY IN



45 min.

SERVINGS



20

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 tablespoons butter
- 0.3 cup cup heavy whipping cream
- 0.3 teaspoon tarragon dried
- 1 tablespoon flour all-purpose
- 1 clove garlic minced
- 1 pinch ground pepper black to taste
- 20 mushrooms
- 0.3 cup parmesan cheese grated
- 0.3 cup white wine

- 7 ounce escargots drained canned
- 7 ounce escargots drained canned

## Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- baking pan

## Directions

- Place escargots in a small bowl, and cover with cold water; set aside for 5 minutes. This will help to remove the canned flavor they may have.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 inch baking dish.
- Drain the water from the escargots and pat dry with a paper towel. Melt butter with the garlic in a large skillet over medium-high heat.
- Add the escargots and mushroom caps; cook and stir until the mushroom caps begin to soften, about 5 minutes.
- Whisk together wine, cream, flour, pepper, and tarragon in a small bowl until the flour is no longer lumpy.
- Pour this into the skillet, and bring to a boil. Cook, stirring occasionally until the sauce thickens, about 10 minutes.
- Remove the skillet from the heat, and use a spoon to place the mushrooms upside down into the prepared baking dish. Spoon an escargot into each mushroom cap.
- Pour the remaining sauce over the mushroom caps and into the baking dish.
- Sprinkle grated Parmesan cheese overtop.
- Bake in preheated oven until the Parmesan cheese has turned golden brown, 10 to 15 minutes.

## Nutrition Facts



■ PROTEIN 8.28% ■ FAT 82.16% ■ CARBS 9.56%

## Properties

Glycemic Index:15.2, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:1.8334782538207%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 58.22kcal (2.91%), Fat: 5.26g (8.1%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.56g (0.62%), Cholesterol: 14.6mg (4.87%), Sodium: 51.2mg (2.23%), Alcohol: 0.41g (100%), Alcohol %: 1.54% (100%), Protein: 1.19g (2.39%), Vitamin B2: 0.1mg (5.68%), Vitamin B3: 0.76mg (3.79%), Selenium: 2.61µg (3.73%), Vitamin A: 175.17IU (3.5%), Copper: 0.07mg (3.3%), Vitamin B5: 0.32mg (3.23%), Phosphorus: 29.87mg (2.99%), Potassium: 75.34mg (2.15%), Calcium: 16.27mg (1.63%), Vitamin B1: 0.02mg (1.4%), Vitamin B6: 0.03mg (1.4%), Zinc: 0.18mg (1.21%), Folate: 4.56µg (1.14%), Manganese: 0.02mg (1.14%)