



Forest-Mushroom Dip

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 8 ounce button mushrooms
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 garlic clove halved
- ☐ 2 ounces gouda cheese smoked shredded finely

- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 12 ounce portobello mushroom caps quartered
- ☐ 0.8 teaspoon salt

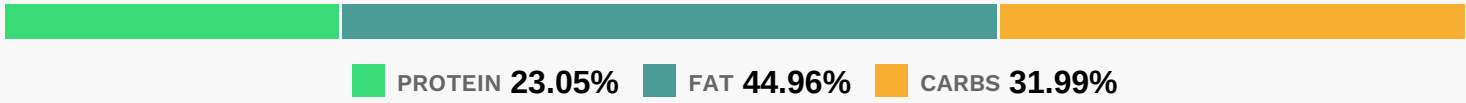
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place half of the mushrooms in a food processor, and process until finely chopped. Spoon chopped mushrooms into a large skillet.
- ☐ Place the remaining mushrooms and garlic in processor, and process until finely chopped. Spoon mushroom mixture into pan; add wine and thyme. Cook over medium-high heat for 10 minutes or until liquid almost evaporates.
- ☐ Sprinkle the mixture with flour, and stir well. Stir in cream cheese, lemon juice, salt, and pepper; cook 1 minute. Spoon into a serving bowl; cover and cool.
- ☐ Stir in gouda, sour cream, and parsley.
- ☐ Sprinkle with green-onion tops, if desired. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:0.93, Inflammation Score:-3, Nutrition Score:5.073478307413%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.06mg, Naringenin:

0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 54.29kcal (2.71%), Fat: 2.51g (3.85%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.34g (1.22%), Sugar: 1.35g (1.5%), Cholesterol: 8.74mg (2.91%), Sodium: 196.68mg (8.55%), Alcohol: 1.03g (100%), Alcohol %: 1.72% (100%), Protein: 2.89g (5.78%), Vitamin K: 18.07µg (17.21%), Selenium: 8.49µg (12.13%), Vitamin B3: 2.07mg (10.35%), Vitamin B2: 0.15mg (8.8%), Phosphorus: 83.89mg (8.39%), Copper: 0.15mg (7.51%), Vitamin B5: 0.64mg (6.4%), Potassium: 206.58mg (5.9%), Calcium: 52.76mg (5.28%), Folate: 17.59µg (4.4%), Vitamin B6: 0.08mg (3.9%), Zinc: 0.52mg (3.48%), Vitamin B1: 0.05mg (3.31%), Manganese: 0.06mg (3.24%), Vitamin C: 2.42mg (2.93%), Vitamin A: 145.65IU (2.91%), Fiber: 0.67g (2.68%), Iron: 0.46mg (2.55%), Vitamin B12: 0.13µg (2.25%), Magnesium: 6.16mg (1.54%), Vitamin D: 0.17µg (1.1%)