



## Fricassee of Chanterelles

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 pound chanterelles halved ( if large)
- ☐ 0.3 pound pappardelle boiled cooked
- ☐ 0.3 cup wine dry white
- ☐ 3 garlic clove finely chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 4 servings pepper freshly ground
- ☐ 4 servings juice of lemon fresh
- ☐ 1 pinch nutmeg freshly grated

- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 teaspoon oregano fresh plus more for garnish
- ☐ 6 tablespoons butter unsalted divided ()
- ☐ 1 cup onion yellow finely chopped

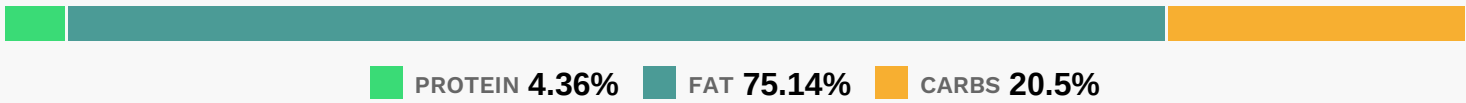
## Equipment

- ☐ frying pan

## Directions

- ☐ Melt 3 tablespoons butter with 1 tablespoon oil in a large skillet over medium-high heat.
- ☐ Add onion, season with salt and pepper, and cook, stirring occasionally, until softened and lightly golden, 4–5 minutes.
- ☐ Add garlic and cook for 1 minute. Stir in wine and cook until liquid is reduced by half, about 2 minutes.
- ☐ Add remaining 3 tablespoons butter, remaining 1 tablespoon oil, and mushrooms. Cook, stirring occasionally, until mushrooms are lightly golden, about 5 minutes.
- ☐ Add cream and nutmeg and cook until slightly thickened, about 2 minutes. Stir in 1 teaspoon oregano. Season to taste with salt, pepper, and lemon juice. Toss in a skillet with cooked pasta, or serve over smashed boiled potatoes.
- ☐ Garnish with more oregano.

## Nutrition Facts



## Properties

Glycemic Index:57.25, Glycemic Load:4.56, Inflammation Score:-8, Nutrition Score:15.197826033053%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg

0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 433.65kcal (21.68%), Fat: 36.16g (55.64%), Saturated Fat: 18.81g (117.58%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 16.5g (6%), Sugar: 4.64g (5.16%), Cholesterol: 86.99mg (29%), Sodium: 25.17mg (1.09%), Alcohol: 1.54g (100%), Alcohol %: 0.72% (100%), Protein: 4.72g (9.43%), Vitamin D: 6.83µg (45.53%), Manganese: 0.57mg (28.41%), Iron: 4.55mg (25.3%), Vitamin B3: 4.89mg (24.47%), Copper: 0.47mg (23.36%), Fiber: 5.71g (22.85%), Potassium: 719.97mg (20.57%), Vitamin B2: 0.33mg (19.6%), Vitamin A: 979.28IU (19.59%), Selenium: 10.95µg (15.65%), Vitamin B5: 1.49mg (14.88%), Vitamin E: 1.94mg (12.94%), Phosphorus: 128.85mg (12.89%), Vitamin C: 9.66mg (11.71%), Vitamin K: 10.17µg (9.68%), Vitamin B6: 0.17mg (8.51%), Zinc: 1.22mg (8.13%), Magnesium: 32.14mg (8.03%), Calcium: 69.57mg (6.96%), Folate: 18.28µg (4.57%), Vitamin B1: 0.06mg (4.11%), Vitamin B12: 0.11µg (1.81%)