



Fried Mushrooms with Feta Cheese Sauce

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



334 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bread crumbs
- 3 eggs beaten
- 3 ounces feta cheese crumbled
- 16 ounce mushrooms fresh sliced
- 3 tablespoons juice of lemon
- 1 cup vegetable oil for frying

Equipment

- paper towels

sauce pan

blender

Directions

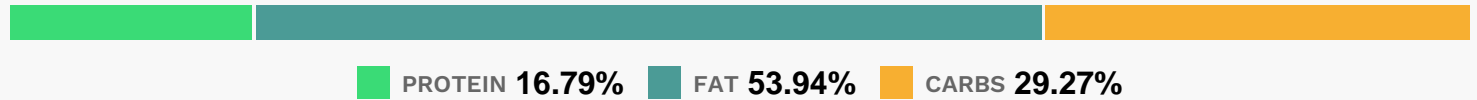
Heat oil in a small saucepan to 375 degrees F (190 degrees C).

Spread bread crumbs into a shallow dish. Dip mushroom slices in beaten egg, dredge them in bread crumbs to coat, and cook them in hot oil until golden brown, about 5 to 6 minutes. Repeat until all mushrooms are cooked; drain on a plate lined with paper towels.

Blend feta cheese and lemon juice in a blender. Stream water into feta mixture as it blends until you get a desirable consistency.

Serve with mushrooms.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:18.255652324013%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 333.96kcal (16.7%), Fat: 20.45g (31.47%), Saturated Fat: 5.91g (36.93%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 22.59g (8.21%), Sugar: 4.32g (4.81%), Cholesterol: 141.68mg (47.23%), Sodium: 492.67mg (21.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.33g (28.65%), Vitamin B2: 0.9mg (52.74%), Selenium: 30.68µg (43.83%), Vitamin B3: 6.13mg (30.65%), Phosphorus: 279.97mg (28%), Vitamin B1: 0.4mg (26.77%), Vitamin B5: 2.57mg (25.73%), Copper: 0.46mg (23.09%), Vitamin K: 22.31µg (21.25%), Folate: 72.73µg (18.18%), Calcium: 176.79mg (17.68%), Manganese: 0.32mg (15.9%), Vitamin B6: 0.3mg (15.1%), Iron: 2.6mg (14.43%), Potassium: 483.84mg (13.82%), Zinc: 2.02mg (13.5%), Vitamin B12: 0.79µg (13.21%), Fiber: 2.38g (9.53%), Vitamin E: 1.33mg (8.84%), Vitamin C: 6.74mg (8.16%), Magnesium: 30.49mg (7.62%), Vitamin D: 0.97µg (6.48%), Vitamin A: 268.6IU (5.37%)