



## Fried Portabella Mushrooms



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 3 large eggs
- ☐ 30 servings accompaniment: lemon wedges
- ☐ 12 ounce portabella mushrooms sliced
- ☐ 4 cups rye bread crumbs fresh with seeds, finely ground in a food processor)
- ☐ 4 cups vegetable oil

### Equipment

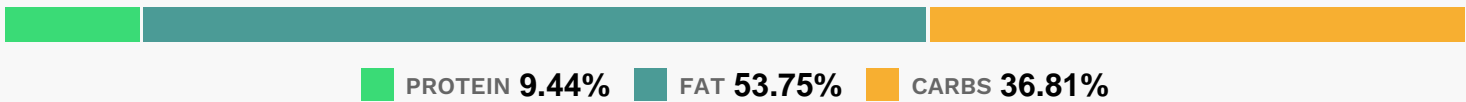
- ☐ bowl
- ☐ baking sheet

- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon

## Directions

- ☐ Toss crumbs with 1/2 teaspoon salt and 1/4 teaspoon black pepper in a bowl and spread on a large plate.
- ☐ Lightly beat eggs in a bowl. Dip mushroom slices 3 or 4 at a time into egg, letting excess drip off, then transfer to bread crumbs, pressing mushroom slices into crumbs to help adhere and turning to coat. (Coating will be uneven.)
- ☐ Transfer to a tray.
- ☐ Heat about 1 inch oil in a 3- to 4-quart heavy saucepan over moderate heat until it registers 350°F on thermometer. Fry mushrooms in batches of 7 or 8, turning over occasionally, until golden, 1 to 2 minutes per batch, returning oil to 350°F between batches.
- ☐ Transfer mushrooms with a slotted spoon as fried to paper towels to drain. Season with salt and serve warm.
- ☐ ·Mushrooms can be fried 2 hours ahead and kept, loosely covered with foil, on fresh paper towels at room temperature.
- ☐ Transfer to a large baking sheet, arranging in 1 layer, and reheat in a preheated 350°F oven until warm, 10 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:0.85, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:4.1065217697102%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 118.2kcal (5.91%), Fat: 7.09g (10.91%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 10.11g (3.68%), Sugar: 1.22g (1.36%), Cholesterol: 18.6mg (6.2%), Sodium: 113.55mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.61%), Vitamin K: 11.66µg (11.1%), Selenium: 7.28µg (10.4%), Vitamin B1: 0.15mg (9.89%), Vitamin B3: 1.47mg (7.35%), Manganese: 0.14mg (7.09%), Vitamin B2: 0.1mg (5.64%), Folate: 21.04µg (5.26%), Phosphorus: 46.07mg (4.61%), Iron: 0.83mg (4.59%), Copper: 0.07mg (3.66%), Vitamin E: 0.54mg (3.62%), Fiber: 0.82g (3.29%), Calcium: 29.75mg (2.98%), Vitamin B5: 0.29mg (2.87%), Zinc: 0.33mg (2.23%), Potassium: 77.78mg (2.22%), Vitamin B6: 0.04mg (2.18%), Magnesium: 6.87mg (1.72%), Vitamin B12: 0.1µg (1.68%)