



Herbed Wild Mushroom Bundles

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1.5 teaspoons butter
- 8 ounce crimini mushrooms coarsely chopped
- 8 crêpes
- 0.3 cup wine dry white
- 2 teaspoons chives fresh minced
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoon thyme sprigs fresh chopped
- 6 spring onion

- 4 ounces oyster mushrooms diced
- 0.5 teaspoon salt
- 4 ounces mushroom caps diced

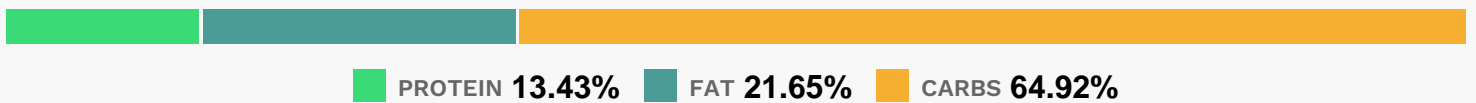
Equipment

- frying pan
- oven
- baking pan

Directions

- Remove green tops from green onions.
- Cut onion tops lengthwise into 1/8-inch-wide strips to form 8 ties. Drop green onion strips in boiling water, and cook for 10 seconds or until limp.
- Drain onion strips; set aside. Chop white portion of each onion.
- Melt butter in a medium nonstick skillet over medium heat.
- Add chopped onions and mushrooms; cook 5 minutes or until mushrooms release their moisture and darken.
- Add wine to pan; cook 2 minutes or until liquid almost evaporates.
- Remove from heat; stir in cheese and next 5 ingredients (through pepper).
- Preheat oven to 35
- Spoon 1/3 cup mushroom mixture into the center of 1 crepe. Gather edges of crepe, and crimp to seal, forming a purse. Tie 1 green onion strip around crimped top of bundle. Repeat procedure with remaining crepes, mushroom mixture, and green onion strips.
- Place bundles in a 13 x 9-inch baking dish coated with cooking spray.
- Bake at 350 for 15 minutes or until crepes are thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:6.3047825460849%

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 Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 84.97kcal (4.25%), Fat: 1.94g (2.98%), Saturated Fat: 1g (6.23%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 11.93g (4.34%), Sugar: 5.27g (5.86%), Cholesterol: 7.98mg (2.66%), Sodium: 238.1mg (10.35%), Alcohol: 1.03g (100%), Alcohol %: 1.42% (100%), Protein: 2.7g (5.4%), Vitamin K: 27.52µg (26.21%), Vitamin B2: 0.23mg (13.5%), Selenium: 8.63µg (12.32%), Vitamin B3: 2.4mg (11.99%), Copper: 0.21mg (10.33%), Vitamin B5: 0.84mg (8.37%), Potassium: 266.51mg (7.61%), Phosphorus: 72.88mg (7.29%), Manganese: 0.12mg (6.16%), Folate: 21.29µg (5.32%), Vitamin B6: 0.1mg (5.01%), Fiber: 1.13g (4.53%), Iron: 0.76mg (4.23%), Zinc: 0.62mg (4.16%), Vitamin A: 179.07IU (3.58%), Vitamin B1: 0.05mg (3.53%), Vitamin C: 2.7mg (3.28%), Magnesium: 11.37mg (2.84%), Calcium: 25.01mg (2.5%), Vitamin D: 0.18µg (1.23%)