



Hungarian Mushroom Pâté

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



54 kcal

SIDE DISH

Ingredients

- 1 slices round buttery crackers toasted
- 8 mushroom caps dried (1 cup;)
- 2 tablespoons thyme leaves fresh minced
- 2 cloves garlic
- 1 pound common mushrooms rinsed
- 2 tablespoons olive oil
- 0.5 lb onion
- 1 tablespoon paprika

- 12 servings parsley chopped
- 12 servings salt and pepper
- 2 oz shallots

Equipment

- food processor
- bowl
- frying pan
- knife

Directions

- In a bowl, combine shiitakes and 1 cup hot water; let stand until shiitakes are soft, 7 to 10 minutes.
- As shiitakes soak, peel onion, shallot, and garlic. Finely chop in a food processor or with a knife.
- In a 10- to 12-inch frying pan over medium-high heat, frequently stir onion, shallot, garlic, olive oil, and paprika until vegetables begin to brown, 5 to 7 minutes.
- Meanwhile, trim off and discard discolored stem ends of common mushrooms. Finely chop mushrooms in a food processor or with a knife.
- When shiitakes are soft, squeeze in soaking water to release grit, lift out, and squeeze dry; reserve water. Trim off and discard stems; finely chop shiitakes in a food processor or with a knife.
- Add common mushrooms, shiitakes, and thyme to onion mixture. Slowly pour reserved soaking water into pan, leaving sediment behind. Stir often over high heat until mushrooms begin to brown, 8 to 10 minutes.
- Remove from heat and let cool, about 10 minutes.
- Add yogurt, salt, and pepper to taste. Spoon into a bowl and sprinkle with parsley.
- Serve warm or cool.
- Spread on crackers to eat.

Nutrition Facts



■ PROTEIN 14.28% ■ FAT 41.05% ■ CARBS 44.67%

Properties

Glycemic Index:23.56, Glycemic Load:1.89, Inflammation Score:-9, Nutrition Score:8.3299998381863%

Flavonoids

Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 53.79kcal (2.69%), Fat: 2.69g (4.14%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 5.1g (1.86%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 216.44mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin K: 67.68µg (64.45%), Vitamin A: 680.32IU (13.61%), Vitamin C: 9.94mg (12.05%), Vitamin B2: 0.19mg (11.3%), Copper: 0.19mg (9.38%), Vitamin B3: 1.75mg (8.73%), Vitamin B5: 0.8mg (7.97%), Selenium: 4.54µg (6.49%), Potassium: 221.74mg (6.34%), Manganese: 0.12mg (6.04%), Fiber: 1.49g (5.97%), Vitamin B6: 0.11mg (5.69%), Folate: 22.47µg (5.62%), Iron: 0.99mg (5.48%), Phosphorus: 51.47mg (5.15%), Vitamin B1: 0.07mg (4.44%), Vitamin E: 0.55mg (3.69%), Magnesium: 12.89mg (3.22%), Zinc: 0.42mg (2.77%), Calcium: 22.73mg (2.27%)