



Morel Mushroom and Oloroso Sherry Gratin

READY IN



45 min.

SERVINGS



4

CALORIES



606 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 8 ounces cremini mushrooms fresh see notes
- ☐ 8 ounces top artisan-style toasted sliced
- ☐ 2 tablespoons garlic minced
- ☐ 1 cup manchego cheese shredded finely 2 oz.; see notes
- ☐ 2 oz shallots minced
- ☐ 0.5 cup oloroso sherry
- ☐ 1 cup whipping cream

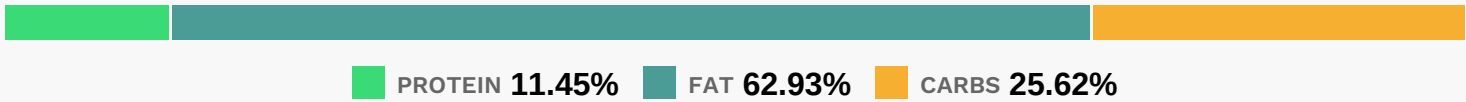
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan

Directions

- ☐ Trim and discard discolored stem ends from morels. Submerge mushrooms in a bowl of cool water and gently agitate with your hands to loosen any dirt.
- ☐ Drain, rinse thoroughly under running water, and gently pat dry.
- ☐ Cut mushrooms in half lengthwise (if using cremini mushrooms, cut into quarters).
- ☐ In a 10- to 12-inch frying pan over medium heat, melt butter.
- ☐ Add shallots and garlic and stir often until limp, about 5 minutes.
- ☐ Add mushrooms and stir often until juices released by mushrooms have evaporated, 5 to 6 minutes.
- ☐ Add sherry and increase heat to medium-high. Boil until sherry is reduced by about half, about 3 minutes.
- ☐ Add cream and boil, stirring occasionally, until sauce thickly coats mushrooms and is reduced by about two-thirds, 4 to 5 minutes.
- ☐ Spoon mushroom mixture into a shallow 3- to 4-cup ceramic baking dish.
- ☐ Sprinkle top evenly with cheese. Broil 4 to 6 inches from heat until cheese is melted and bubbling, about 2 minutes.
- ☐ Serve with toasted bread slices.

Nutrition Facts



Properties

Glycemic Index:51.38, Glycemic Load:23.75, Inflammation Score:-8, Nutrition Score:17.435652090156%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 606.24kcal (30.31%), Fat: 41.55g (63.92%), Saturated Fat: 26.46g (165.36%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 35.92g (13.06%), Sugar: 6.78g (7.54%), Cholesterol: 120.04mg (40.01%), Sodium: 603.67mg (26.25%), Alcohol: 3.09g (100%), Alcohol %: 1.51% (100%), Protein: 17.01g (34.02%), Selenium: 33.62µg (48.02%), Calcium: 398.94mg (39.89%), Vitamin B2: 0.65mg (38.06%), Vitamin B1: 0.49mg (32.46%), Manganese: 0.52mg (26.08%), Vitamin A: 1293.35IU (25.87%), Vitamin B3: 5.02mg (25.09%), Folate: 91.85µg (22.96%), Copper: 0.4mg (20.09%), Phosphorus: 184.63mg (18.46%), Iron: 2.82mg (15.69%), Potassium: 464.08mg (13.26%), Vitamin B6: 0.26mg (12.88%), Vitamin B5: 1.28mg (12.82%), Zinc: 1.5mg (10.03%), Magnesium: 34.6mg (8.65%), Fiber: 2.13g (8.5%), Vitamin D: 1.01µg (6.72%), Vitamin E: 0.92mg (6.16%), Vitamin C: 2.74mg (3.32%), Vitamin K: 3.34µg (3.18%), Vitamin B12: 0.17µg (2.83%)