



WHATSheATE



Morels in Cream on Brioche (Morilles à la Crème)



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

SIDE DISH

Ingredients

- ☐ 5 slices egg bread loaf – crusts toasted cut into 4 triangles and thin
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup cup heavy whipping cream
- ☐ 3 tablespoons butter unsalted
- ☐ 4 servings pepper white freshly ground

Equipment

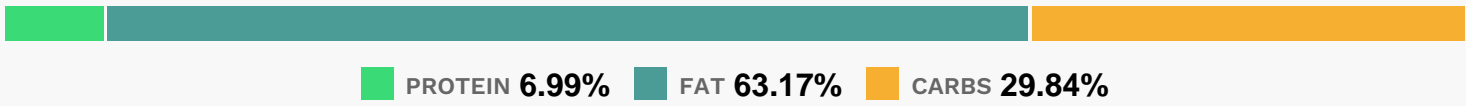
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Heat cream in a small saucepan until hot.
- ☐ Heat butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté morels, stirring frequently, until golden, 6 to 8 minutes.
- ☐ Sprinkle in flour and cook, stirring, 1 minute. Stir in hot cream and reduce heat to low. Gently simmer, covered, stirring once, until morels are tender, 10 to 15 minutes. Season with salt and white pepper.
- ☐ Arrange 5 toasts on each of 4 plates and spoon morels and sauce on top.
- ☐ Serve immediately.
- ☐ You can substitute 1 ounce small dried morels (1 1/3 cups) for the fresh. Soak dried morels in 2 1/2 cups warm water until softened, 10 to 30 minutes. Lift from soaking liquid, then rinse well and pat dry with paper towels.
- ☐ Pour soaking liquid through a paper-towel-lined sieve into a bowl.
- ☐ Add 1/2 cup soaking liquid to cream when heating (dried morels absorb more liquid than fresh).

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:1.04, Inflammation Score:-7, Nutrition Score:11.075217358444%

Nutrients (% of daily need)

Calories: 480.47kcal (24.02%), Fat: 34.03g (52.36%), Saturated Fat: 20.15g (125.92%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 34.07g (12.39%), Sugar: 2.93g (3.25%), Cholesterol: 123.6mg (41.2%), Sodium: 269.11mg (11.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.95%), Selenium: 22.53µg (32.18%), Vitamin A: 1276.83IU (25.54%), Vitamin B2: 0.42mg (24.47%), Manganese: 0.43mg (21.55%), Vitamin B1: 0.32mg

(21.18%), Folate: 75.89µg (18.97%), Vitamin B3: 3.37mg (16.85%), Iron: 2.45mg (13.6%), Phosphorus: 112.8mg (11.28%), Calcium: 108.98mg (10.9%), Vitamin D: 1.37µg (9.16%), Fiber: 2.1g (8.39%), Copper: 0.14mg (6.82%), Vitamin E: 0.96mg (6.43%), Magnesium: 19.17mg (4.79%), Zinc: 0.71mg (4.74%), Potassium: 138.7mg (3.96%), Vitamin B5: 0.36mg (3.58%), Vitamin B6: 0.07mg (3.32%), Vitamin K: 3.24µg (3.09%), Vitamin B12: 0.18µg (2.99%)