



Mushroom Bocabillos

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bread crumbs dried fine
- ☐ 2 tablespoons butter
- ☐ 4 large eggs
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 pound jack cheese shredded
- ☐ 1 pound mushrooms sliced
- ☐ 0.3 cup onion finely chopped
- ☐ 8 servings salt and pepper

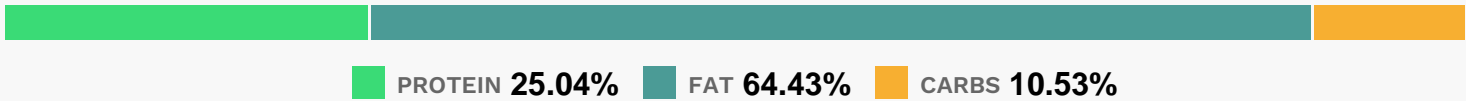
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In a 10- to 12-inch frying pan over high heat, melt 2 tablespoons butter.
- ☐ Add mushrooms, onion, and nutmeg. Stir often until mushrooms are lightly browned, about 10 minutes. Season to taste with salt and pepper.
- ☐ Let cool.
- ☐ Meanwhile, in a bowl, beat eggs to blend with crumbs, cilantro, and all but 1/2 cup of the cheese.
- ☐ Coarsely chop the mushroom mixture and stir into the egg mixture.
- ☐ Pour into a buttered 8-inch square pan.
- ☐ Bake in a 325 oven until center feels firm when lightly pressed, about 30 minutes (about 20 minutes in a convection oven).
- ☐ Sprinkle evenly with remaining cheese and bake just until it begins to melt, 3 to 4 minutes more (1 to 2 minutes in a convection oven).
- ☐ Remove from oven and let stand in pan until warm, at least 15 minutes, or until cool.
- ☐ Cut into 1-inch pieces and arrange on a platter.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:9.8652174058168%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 195.02kcal (9.75%), Fat: 14.19g (21.83%), Saturated Fat: 6.87g (42.93%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 4.37g (1.59%), Sugar: 1.8g (2.01%), Cholesterol: 118.23mg (39.41%), Sodium: 460.6mg (20.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.82%), Vitamin B2: 0.47mg (27.69%), Selenium: 17.94µg (25.64%), Calcium: 236.47mg (23.65%), Phosphorus: 232.57mg (23.26%), Vitamin B5: 1.33mg (13.25%), Vitamin B3: 2.33mg (11.67%), Copper: 0.22mg (11.05%), Vitamin A: 545.85IU (10.92%), Zinc: 1.53mg (10.21%), Vitamin B12: 0.5µg (8.26%), Folate: 31.76µg (7.94%), Potassium: 258.62mg (7.39%), Vitamin B6: 0.14mg (6.79%), Vitamin B1: 0.1mg (6.42%), Iron: 1.12mg (6.22%), Vitamin D: 0.78µg (5.22%), Magnesium: 18.19mg (4.55%), Manganese: 0.08mg (4.04%), Vitamin K: 4.13µg (3.93%), Fiber: 0.84g (3.38%), Vitamin E: 0.48mg (3.19%), Vitamin C: 1.84mg (2.23%)