



Mushroom butter on toast

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g butter softened
- ☐ 1 onion very finely chopped
- ☐ 3 garlic clove finely chopped
- ☐ 2 thyme sprigs
- ☐ 30 g the following: parmesan rind) dried drained finely chopped
- ☐ 250 g crimini mushrooms finely chopped
- ☐ 2 tbsp brandy
- ☐ 0.5 juice of lemon

- ☐ 1 small handful parsley finely chopped
- ☐ 1 leaves bread toasted

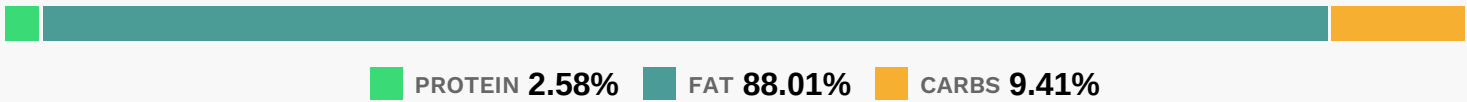
Equipment

- ☐ frying pan
- ☐ ramekin

Directions

- ☐ Melt 50g butter in a pan and gently fry the onion until softened.
- ☐ Add the garlic and thyme and fry for 1 min more. Tip in all the mushrooms and toss to coat in the butter. Cook on a high heat for 5–8 mins until soft.
- ☐ Pour over the brandy and lemon juice, then cook for 2–3 mins more or until all the liquid has evaporated. Turn off the heat, add the herbs and seasoning, then allow to cool.
- ☐ Once cooled, remove the thyme.
- ☐ Mix the mushrooms with the remaining butter, then divide between 4 ramekins. Chill until firm, or for up to 2 days, then serve a ramekin, topped with a thyme sprig, between 2 to share with toasted bread and dressed salad leaves.

Nutrition Facts



Properties

Glycemic Index:32.21, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:6.7239129957945%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 259.06kcal (12.95%), Fat: 25.45g (39.15%), Saturated Fat: 16.09g (100.53%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 5.19g (1.89%), Sugar: 1.29g (1.44%), Cholesterol: 67.19mg (22.4%), Sodium: 204.99mg (8.91%), Alcohol: 1.25g (100%), Alcohol %: 1.81% (100%), Protein: 1.68g (3.36%), Copper: 0.36mg (18.1%), Vitamin A: 835.43IU (16.71%), Selenium: 10.43µg (14.9%), Vitamin B5: 1.35mg (13.54%), Vitamin B2: 0.22mg (12.87%), Vitamin K: 10.47µg (9.97%), Vitamin B3: 1.77mg (8.87%), Potassium: 236.09mg (6.75%), Manganese: 0.13mg (6.63%), Phosphorus: 62.75mg (6.28%), Vitamin B6: 0.1mg (5.22%), Vitamin E: 0.74mg (4.92%), Zinc: 0.71mg (4.73%), Folate: 18.86µg (4.72%), Vitamin C: 3.29mg (3.99%), Fiber: 0.94g (3.75%), Vitamin B1: 0.05mg (3.52%), Magnesium: 10.86mg (2.71%), Calcium: 20.71mg (2.07%), Iron: 0.33mg (1.81%), Vitamin B12: 0.08µg (1.41%), Vitamin D: 0.18µg (1.18%)