



Mushroom Casserole

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1267 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces bread crumbs
- 8 ounces butter
- 3 pounds porcini mushrooms sliced
- 1 tablespoon flat parsley chopped
- 8 ounces heavy cream
- 1 pound leeks sliced
- 6 servings salt and pepper black freshly ground

Equipment

oven

Directions

Watch how to make this recipe.

Preheat oven to 375 degrees F.

In a casserole, place 1 layer of mushrooms and leeks.

Sprinkle with salt, pepper, and parsley. Cover with 2 ounces of butter and cream. Repeat process three more times and cover with bread crumbs.

Bake until mushrooms are tender and crust is golden brown, about 20 minutes

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:3.03, Inflammation Score:-10, Nutrition Score:69.781738882479%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1266.77kcal (63.34%), Fat: 48.78g (75.05%), Saturated Fat: 29.12g (182%), Carbohydrates: 210.08g (70.03%), Net Carbohydrates: 180.89g (65.78%), Sugar: 11.44g (12.71%), Cholesterol: 123.98mg (41.33%), Sodium: 574.94mg (25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.33g (58.66%), Copper: 11.91mg (595.38%), Vitamin B5: 50.08mg (500.77%), Vitamin B2: 3.14mg (184.71%), Vitamin B3: 34.84mg (174.19%), Manganese: 3.39mg (169.62%), Selenium: 116.35µg (166.22%), Vitamin B6: 2.43mg (121.29%), Zinc: 18.14mg (120.96%), Fiber: 29.19g (116.76%), Folate: 462.18µg (115.55%), Potassium: 3739.22mg (106.83%), Magnesium: 340.7mg (85.17%), Phosphorus: 787.15mg (78.71%), Vitamin B1: 1.1mg (73.43%), Vitamin D: 9.45µg (63%), Vitamin A: 2817.19IU (56.34%), Vitamin K: 52.98µg (50.46%), Iron: 7.41mg (41.17%), Vitamin C: 18.12mg (21.97%), Calcium: 174.11mg (17.41%), Vitamin E: 1.96mg (13.04%), Vitamin B12: 0.26µg (4.28%)