



Mushroom Caviar



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 3 Tbsp butter
- ☐ 0.5 pound cremini mushrooms finely chopped (or pulsed 3 times in a food processor)
- ☐ 4 servings salt and pepper
- ☐ 0.5 cup shallots minced
- ☐ 1 Tbsp cooking wine dry white
- ☐ 1 garlic clove minced
- ☐ 2 Tbsp pinenuts
- ☐ 2 Tbsp cup heavy whipping cream sour

- ☐ 2 teaspoons juice of lemon
- ☐ 1 Tbsp parsley chopped
- ☐ 2 dashes cayenne pepper to taste

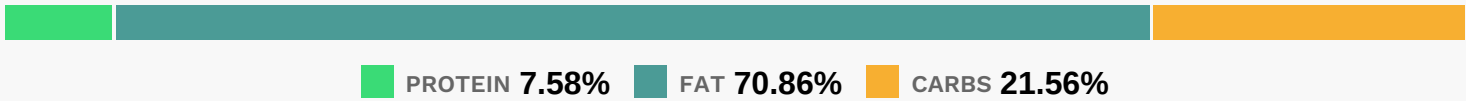
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sauté mushrooms, shallots, and garlic: Melt butter in a large skillet on high heat.
- ☐ Add the mushrooms and shallots. Sauté for 5 minutes stirring frequently.
- ☐ Sprinkle lightly with salt and pepper while cooking.
- ☐ Once the mushrooms have cooked for about 5 minutes, add the garlic and a tablespoon of dry white wine (if using). Cook for an additional minute and remove from heat.
- ☐ Toast the pine nuts: While the mushrooms are cooking, heat a small skillet on high heat.
- ☐ Add the pine nuts. Cook, stirring frequently, until they begin to get a little toasted. (Keep your eyes on the nuts, they can burn pretty quickly.)
- ☐ As soon as they begin to toast, remove the pan from the heat and put the pine nuts into a small bowl. Set aside.
- ☐ the mushrooms have cooled down a bit, mix in the pine nuts, lemon juice, sour cream, and parsley.
- ☐ Add more salt and pepper, if needed, to taste.
- ☐ Sprinkle on cayenne pepper, to taste. Chill before serving.
- ☐ Spoon onto a large butter lettuce leaf and serve with crackers. (Use rice crackers for gluten-free option.)

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:10.284347777781%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 162.25kcal (8.11%), Fat: 13.41g (20.63%), Saturated Fat: 6.36g (39.73%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 7.52g (2.74%), Sugar: 3.82g (4.25%), Cholesterol: 26.44mg (8.81%), Sodium: 272.01mg (11.83%), Alcohol: 0.39g (100%), Alcohol %: 0.42% (100%), Protein: 3.23g (6.45%), Manganese: 0.63mg (31.62%), Selenium: 15.61µg (22.31%), Copper: 0.38mg (19.13%), Vitamin K: 19.76µg (18.82%), Vitamin B2: 0.32mg (18.56%), Vitamin B3: 2.51mg (12.53%), Phosphorus: 125.01mg (12.5%), Vitamin A: 594.45IU (11.89%), Potassium: 413.65mg (11.82%), Vitamin B5: 1mg (9.95%), Vitamin B6: 0.2mg (9.77%), Zinc: 1.13mg (7.51%), Folate: 29.11µg (7.28%), Fiber: 1.66g (6.65%), Magnesium: 26.25mg (6.56%), Vitamin C: 5.31mg (6.43%), Vitamin B1: 0.1mg (6.41%), Vitamin E: 0.91mg (6.1%), Iron: 0.98mg (5.44%), Calcium: 34.24mg (3.42%), Vitamin B12: 0.09µg (1.46%)