



Mushroom Pies with Pear Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



774 kcal

Ingredients

- ☐ 0.3 cup breadcrumbs
- ☐ 2 cups cheddar and/or muenster cheese shredded
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large eggs beaten
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 6 cups lambs lettuce
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 pears thinly sliced
- ☐ 4 large portobello mushroom caps

- ☐ 1 sheet puff pastry frozen thawed half of a 17.3-ounce package
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 1 shallots thinly sliced

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 425 degrees. Line a baking sheet with parchment paper and mist with cooking spray.
- ☐ On a lightly floured surface, roll the puff pastry into a 14-inch square and cut into four 7-inch squares.
- ☐ Brush the center of each with mustard and season with salt and pepper.
- ☐ Place the mushrooms gill-side up on the pastry and season with salt and pepper.
- ☐ Toss the breadcrumbs and cheese in a bowl and sprinkle over the mushrooms. Fold in the pastry edges, pleating to fully cover the mushrooms; press to seal.
- ☐ Brush both sides of the pastry with the beaten egg.
- ☐ Place seam-side down on the baking sheet, make slits in the top and bake until golden and crisp, 25 minutes.
- ☐ Let cool slightly.
- ☐ Meanwhile, combine the shallot, vinegar, and salt and pepper to taste in a bowl, then whisk in the olive oil. Toss the dressing with the salad greens and pear.
- ☐ Serve the salad with the mushroom pies.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 **PROTEIN 11.89%**  **FAT 63.3%**  **CARBS 24.81%**

Properties

Glycemic Index:45.44, Glycemic Load:17.56, Inflammation Score:-8, Nutrition Score:24.75521719974%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 774.03kcal (38.7%), Fat: 55.16g (84.86%), Saturated Fat: 18.77g (117.33%), Carbohydrates: 48.65g (16.22%), Net Carbohydrates: 44.6g (16.22%), Sugar: 8.19g (9.1%), Cholesterol: 103mg (34.33%), Sodium: 838.21mg (36.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.31g (46.61%), Selenium: 53.33µg (76.18%), Phosphorus: 460.13mg (46.01%), Calcium: 447.04mg (44.7%), Vitamin B2: 0.67mg (39.34%), Vitamin B3: 7.38mg (36.92%), Folate: 126.19µg (31.55%), Manganese: 0.58mg (29.24%), Vitamin B1: 0.43mg (28.75%), Vitamin A: 1328.1IU (26.56%), Zinc: 3.34mg (22.27%), Copper: 0.43mg (21.71%), Vitamin C: 16.37mg (19.84%), Vitamin K: 20.2µg (19.23%), Iron: 3.21mg (17.84%), Potassium: 601.43mg (17.18%), Vitamin E: 2.48mg (16.55%), Fiber: 4.05g (16.2%), Vitamin B5: 1.55mg (15.48%), Vitamin B6: 0.29mg (14.58%), Vitamin B12: 0.78µg (13.06%), Magnesium: 42.28mg (10.57%), Vitamin D: 0.84µg (5.61%)