



Mushroom Pizza with Quail Egg

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



424 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup chanterelles sliced
- ☐ 0.3 cup chives chopped
- ☐ 1 eggs beaten for egg wash
- ☐ 2 cloves garlic finely chopped
- ☐ 2 sheets puff pastry dough square sheets of puff pastry) often sold in 17 or 18-ounce packages containing 2 9 or 10-inch
- ☐ 8 quail eggs raw fresh
- ☐ 8 servings salt and pepper black freshly ground

☐ 1 cup mushroom caps sliced

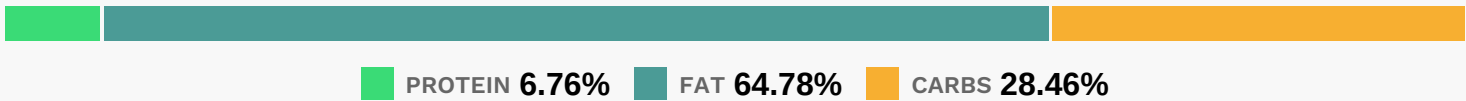
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat butter in a saute pan and cook shiitake and chanterelle mushrooms with garlic until tender. While mushrooms are cooking, roll out pastry dough on a board. Season mushrooms with salt and pepper, remove from heat, stir in chives, and set aside.
- ☐ Preheat oven to 375 degrees F.
- ☐ Using a circle cutter, cut out 8 (3-inch) diameter dough circles and place on a baking sheet. (You can also cut into 3 by 3-inch squares).
- ☐ Place a spoonful of mushrooms on each pastry circle.
- ☐ Brush edges of dough with egg wash.
- ☐ Bake for 6 to 8 minutes, then pull out the baking sheet and crack a quail's egg in the center of each "pizza"
- ☐ Bake 8 minutes more until egg is cooked to sunny side up.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:15.44, Inflammation Score:-4, Nutrition Score:9.9573913397996%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 424.35kcal (21.22%), Fat: 30.8g (47.39%), Saturated Fat: 10.05g (62.8%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 28.5g (10.36%), Sugar: 1.3g (1.44%), Cholesterol: 111.67mg (37.22%), Sodium: 221.96mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.46%), Selenium: 21.34µg (30.49%), Manganese: 0.42mg (20.9%), Vitamin B2: 0.35mg (20.6%), Vitamin B3: 3.96mg (19.79%), Vitamin B1: 0.27mg (17.72%), Folate: 61.67µg (15.42%), Iron: 2.39mg (13.26%), Vitamin K: 13.24µg (12.61%), Phosphorus: 107.2mg (10.72%), Fiber: 1.95g (7.82%), Vitamin B5: 0.76mg (7.57%), Copper: 0.15mg (7.44%), Vitamin B6: 0.13mg (6.65%), Vitamin A: 311.48IU (6.23%), Zinc: 0.89mg (5.93%), Potassium: 186.61mg (5.33%), Magnesium: 19.18mg (4.8%), Vitamin D: 0.71µg (4.71%), Vitamin E: 0.65mg (4.36%), Vitamin B12: 0.2µg (3.39%), Calcium: 21.2mg (2.12%), Vitamin C: 0.96mg (1.16%)