



Mushroom Puffs

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 0.5 tablespoon butter
- ☐ 0.3 pound button mushrooms cleaned trimmed finely chopped
- ☐ 1 eggs
- ☐ 2 teaspoons thyme leaves dried fresh minced
- ☐ 1 teaspoon garlic minced (1 or 2 cloves)
- ☐ 0.3 cup heavy cream
- ☐ 1 tablespoon madeira wine
- ☐ 0.5 tablespoon olive oil

- ☐ 0.5 pound puff pastry chilled
- ☐ 1 tablespoon shallots minced (1 small)
- ☐ 0.5 tablespoon soya sauce

Equipment

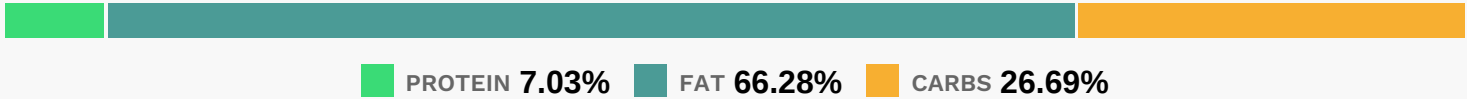
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ cookie cutter
- ☐ rolling pin
- ☐ funnel

Directions

- ☐ Melt butter with olive oil in a medium frying pan over medium-high heat.
- ☐ Add shallot and garlic and cook 30 seconds, stirring.
- ☐ Add mushrooms and thyme and cook, stirring occasionally, until mushrooms stop giving off liquid and start to brown, about 5 minutes.
- ☐ Add Madeira and soy sauce and cook just until liquid has evaporated, about 2 minutes.
- ☐ Let cool to room temperature.
- ☐ Preheat oven to 40
- ☐ On a floured work surface and with a floured rolling pin, roll pastry sheet out to a thickness of 1/8 in.
- ☐ Cut pastry into rounds with a buttered and floured 2-in. biscuit or cookie cutter with fluted edges and arrange rounds 1/2 in. apart on 2 baking sheets.
- ☐ Press the middle of each round with your finger to make a depression, leaving a 1/4-in.-wide rim. Poke each center once with a fork and top with a scant tsp. of mushroom filling.
- ☐ Whisk egg and cream together and set aside.
- ☐ Bake pastries until golden brown and beginning to puff, 8 to 12 minutes.
- ☐ Remove from oven and lower heat to 35

- ☐ With the end of a small funnel, carefully punch down centers of pastries while spooning about 1/2 tsp. egg-cream mixture through funnel (to help guide the liquid) and into pastry (spoon in more if the pastry will accept it without overflowing).
- ☐ Bake pastries another 10 to 15 minutes, or until deep golden brown.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:4.75, Inflammation Score:-3, Nutrition Score:3.5317391234895%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 141.11kcal (7.06%), Fat: 10.46g (16.1%), Saturated Fat: 3.47g (21.7%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 8.95g (3.25%), Sugar: 0.64g (0.71%), Cholesterol: 20.5mg (6.83%), Sodium: 100.38mg (4.36%), Alcohol: 0.13g (100%), Alcohol %: 0.37% (100%), Protein: 2.5g (4.99%), Selenium: 7.06µg (10.08%), Manganese: 0.17mg (8.5%), Vitamin B2: 0.13mg (7.81%), Vitamin B3: 1.29mg (6.45%), Vitamin K: 6.59µg (6.28%), Vitamin B1: 0.09mg (5.99%), Folate: 19.73µg (4.93%), Iron: 0.87mg (4.81%), Phosphorus: 34.57mg (3.46%), Copper: 0.07mg (3.42%), Vitamin B5: 0.26mg (2.64%), Vitamin A: 113.95IU (2.28%), Fiber: 0.53g (2.13%), Vitamin E: 0.31mg (2.03%), Potassium: 68.98mg (1.97%), Zinc: 0.25mg (1.64%), Vitamin B6: 0.03mg (1.57%), Magnesium: 6.14mg (1.53%), Calcium: 11.99mg (1.2%), Vitamin D: 0.18µg (1.19%)