



Mushroom Sauté

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 pounds tightly closed mushrooms white with base of caps firm trimmed ()
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted
- ☐ 3 inch sandwich bread white firm halved

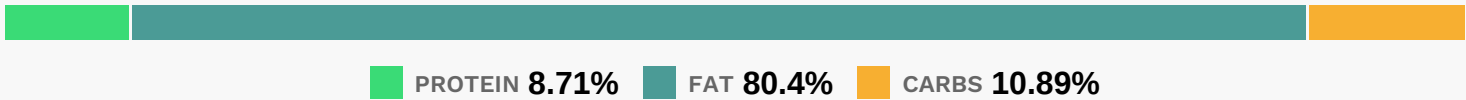
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ baking pan
- ☐ broiler
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Soak mushrooms in bowl of water and some lemon juice for 5 minutes. Hold paring knife by back of blade, not handle. Orient the knifepoint to center of mushroom cap. Pivot blade into cap on bias. Rock mushroom toward you and knife away from you in a smooth, easy motion, beveling out a strip. Repeat with remaining mushrooms.
- ☐ Preheat broiler.
- ☐ Heat butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then cook mushrooms, cap sides down, with 1/4 teaspoon salt and 1/8 teaspoon pepper, until golden brown, about 2 minutes. Turn mushrooms over with tongs and sprinkle with remaining 1/4 teaspoon salt and 1/8 teaspoon pepper, then cook until mushrooms are tender, about 2 minutes more.
- ☐ Sprinkle with lemon juice.
- ☐ While mushrooms are cooking, arrange bread triangles in a shallow baking pan. Broil 5 to 6 inches from heat, turning over once, until lightly toasted, about 2 minutes total (watch carefully).
- ☐ Put 3 toasts on each of 4 plates, then divide mushrooms among them with a slotted spoon.
- ☐ Drizzle pan juices over mushrooms and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:42.69, Glycemic Load:1.93, Inflammation Score:-6, Nutrition Score:13.750434802926%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 248.7kcal (12.43%), Fat: 23.7g (36.46%), Saturated Fat: 14.68g (91.77%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 5.36g (1.95%), Sugar: 3.69g (4.1%), Cholesterol: 61.01mg (20.34%), Sodium: 312.62mg (13.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Vitamin B2: 0.7mg (41.25%), Vitamin K: 34.99µg (33.33%), Vitamin B3: 6.28mg (31.39%), Copper: 0.55mg (27.69%), Vitamin B5: 2.61mg (26.07%), Selenium: 16.56µg (23.66%), Vitamin A: 878.72IU (17.57%), Potassium: 570.47mg (16.3%), Phosphorus: 157.2mg (15.72%), Vitamin C: 9.13mg (11.07%), Vitamin B1: 0.15mg (10.17%), Vitamin B6: 0.19mg (9.26%), Folate: 36.44µg (9.11%), Fiber: 1.86g (7.46%), Zinc: 0.95mg (6.36%), Iron: 1.06mg (5.92%), Manganese: 0.11mg (5.66%), Vitamin D: 0.77µg (5.11%), Vitamin E: 0.71mg (4.71%), Magnesium: 18.06mg (4.52%), Calcium: 19.88mg (1.99%), Vitamin B12: 0.12µg (1.94%)