



Oven-fried Pompons for 4



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter
- ☐ 0.8 pound pompon mushrooms (see notes)
- ☐ 4 servings salt and pepper

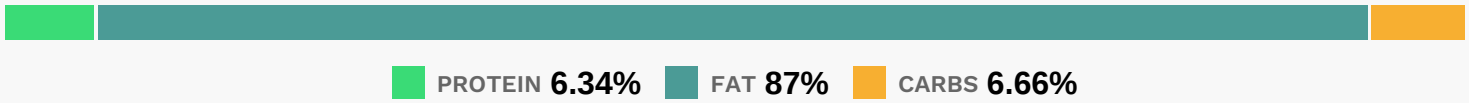
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Discard dark or soft spots from mushrooms. Quickly swish mushrooms in cool water to rinse, then drain.
- ☐ Cut into 1/2- to 3/4-inch-thick slices. Melt butter in a 10- by 15-inch rimmed pan. Turn mushrooms over in butter; arrange side by side.
- ☐ Bake in a 400 oven about 10 minutes. Turn slices over; bake until browned, 10 to 15 minutes more. If making ahead, let cool in pan, then reheat in oven 4 to 5 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:6.0778261034385%

Nutrients (% of daily need)

Calories: 169.7kcal (8.49%), Fat: 17.19g (26.45%), Saturated Fat: 3.55g (22.18%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.68g (1.87%), Cholesterol: 0mg (0%), Sodium: 396.07mg (17.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Vitamin B2: 0.35mg (20.57%), Vitamin B3: 3.08mg (15.38%), Vitamin A: 751.17IU (15.02%), Copper: 0.27mg (13.53%), Vitamin B5: 1.29mg (12.91%), Selenium: 7.91µg (11.3%), Potassium: 279.31mg (7.98%), Phosphorus: 77.97mg (7.8%), Vitamin B1: 0.07mg (4.73%), Vitamin B6: 0.09mg (4.52%), Vitamin E: 0.66mg (4.4%), Folate: 14.67µg (3.67%), Fiber: 0.85g (3.4%), Zinc: 0.44mg (2.95%), Iron: 0.43mg (2.37%), Vitamin C: 1.83mg (2.22%), Magnesium: 8.29mg (2.07%), Manganese: 0.04mg (2.02%), Vitamin D: 0.17µg (1.13%)