



Porcini-Hazelnut Glaze



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



330 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup porcini mushrooms dried
- ☐ 0.3 cup roasted and skinned hazelnuts finely chopped
- ☐ 0.5 cup mayonnaise
- ☐ 3 servings salt and pepper freshly ground

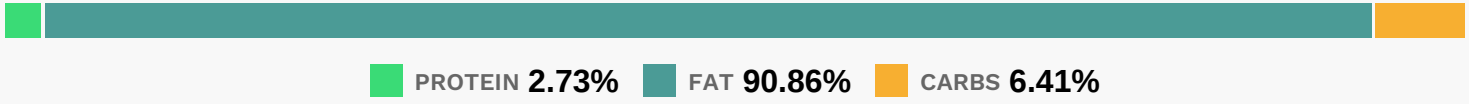
Equipment

- ☐ bowl

Directions

☐ In a spice grinder, grind the porcini to a powder. In a small bowl, blend together the porcini powder, chopped hazelnuts and mayonnaise and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:9.0278261718543%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 330.48kcal (16.52%), Fat: 34.05g (52.39%), Saturated Fat: 4.82g (30.15%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 3.89g (1.42%), Sugar: 0.75g (0.83%), Cholesterol: 15.68mg (5.23%), Sodium: 431.46mg (18.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.61%), Vitamin K: 62.27µg (59.31%), Manganese: 0.68mg (33.77%), Copper: 0.42mg (21.01%), Vitamin E: 2.72mg (18.16%), Vitamin B5: 1.18mg (11.77%), Fiber: 1.51g (6.03%), Magnesium: 22.84mg (5.71%), Vitamin B1: 0.08mg (5.47%), Vitamin B6: 0.1mg (5.22%), Folate: 20.77µg (5.19%), Phosphorus: 50.56mg (5.06%), Selenium: 3.25µg (4.64%), Vitamin B2: 0.08mg (4.57%), Zinc: 0.66mg (4.39%), Potassium: 147.09mg (4.2%), Vitamin B3: 0.84mg (4.19%), Iron: 0.63mg (3.5%), Vitamin D: 0.26µg (1.71%), Calcium: 15.02mg (1.5%)