



Porcini Parmesan

READY IN



115 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 inches p of basil dried italian
- ☐ 0.3 teaspoon pepper black
- ☐ 4 servings bread crumbs – ground finely
- ☐ 24 oz tomato sauce canned
- ☐ 1 large porcini mushrooms fresh firm
- ☐ 1 eggs
- ☐ 1 clove garlic chopped
- ☐ 0.3 cup milk
- ☐ 8 oz mozzarella cheese sliced

- ☐ 4 servings olive oil
- ☐ 0.3 cup onion finely chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 Tbsp parsley minced
- ☐ 1 teaspoon salt

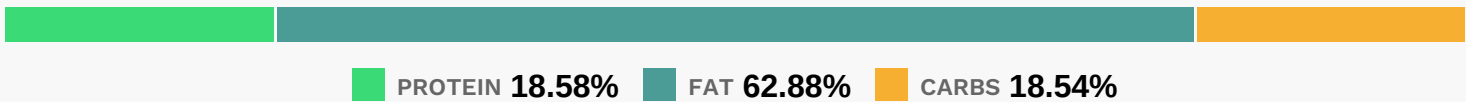
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a large skillet, heat a couple tablespoons of olive oil on medium high heat.
- ☐ Add onions and garlic and sauté over low heat until onions are translucent. Stir in parsley, herbs, salt, pepper, and tomato sauce. Simmer for 30 minutes.2 Slice the mushrooms into 1/4 inch thick slices.
- ☐ Remove the spongy area underneath the more solid cap of the mushroom. In a bowl, beat the egg and milk. Dip the slices of mushroom into the egg mixture, dust with bread crumbs. In a large skillet, heat a couple tablespoons of olive oil to medium high. Fry the porcini on both sides, adding more oil as needed, until golden brown.3 In a 2-quart baking dish, layer the sauce, mushrooms, mozzarella, topping layers off with Parmesan cheese.
- ☐ Bake at 350° F for 1 hour.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:3.83, Inflammation Score:-8, Nutrition Score:20.059130295463%

Flavonoids

Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg, Apigenin: 2.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 459.88kcal (22.99%), Fat: 32.8g (50.46%), Saturated Fat: 12.16g (76.02%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 18.21g (6.62%), Sugar: 8.51g (9.46%), Cholesterol: 98.42mg (32.81%), Sodium: 2058.05mg (89.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.81g (43.63%), Calcium: 480.05mg (48.01%), Phosphorus: 386.04mg (38.6%), Vitamin K: 35.23µg (33.55%), Vitamin E: 4.89mg (32.63%), Selenium: 21.53µg (30.76%), Vitamin A: 1403.82IU (28.08%), Vitamin B12: 1.68µg (27.95%), Vitamin B2: 0.44mg (25.7%), Zinc: 3mg (19.97%), Manganese: 0.38mg (19.21%), Potassium: 665.56mg (19.02%), Vitamin C: 14.17mg (17.17%), Iron: 3.04mg (16.89%), Fiber: 3.55g (14.2%), Vitamin B6: 0.27mg (13.47%), Copper: 0.27mg (13.35%), Magnesium: 52.62mg (13.15%), Vitamin B3: 2.54mg (12.69%), Vitamin B1: 0.18mg (11.98%), Folate: 41.2µg (10.3%), Vitamin B5: 1.01mg (10.1%), Vitamin D: 0.69µg (4.58%)