



Roasted Mushrooms with Spicy Breadcrumbs



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 1 cup coarse salt fresh white (from 2 slices bread)
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 garlic clove finely chopped
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon pepper red hot
- ☐ 2 tablespoons butter unsalted cut into tablespoon pieces
- ☐ 12 ounces mushrooms mixed white (such as cremini, button, portabella, king trumpet, and oyster)

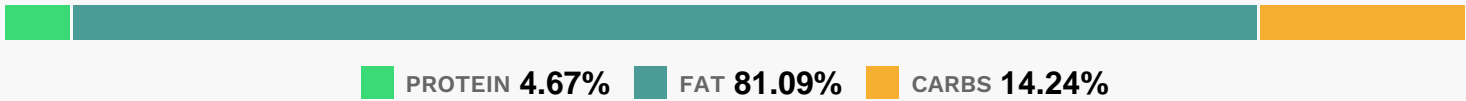
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan

Directions

- ☐ Preheat oven to 450°F with rack in middle.
- ☐ For white button or cremini mushrooms, halve lengthwise. For larger mushrooms such as portabella or king trumpets, cut lengthwise into 1/2-inch slices. For oyster mushrooms, tear into small clumps.
- ☐ Place mushrooms in a small roasting pan or rimmed sheet pan and toss with 2 tablespoons of the oil, garlic, 1/8 teaspoon salt and 1/8 teaspoon pepper. Top with 1 tablespoon of the butter, cut into pieces, and roast in oven, stirring occasionally, until golden and cooked through, about 15–20 minutes.
- ☐ Meanwhile, melt remaining 1 tablespoon butter with remaining 1 tablespoon oil in a medium skillet over medium heat.
- ☐ Add breadcrumbs and cook, stirring frequently, 2 minutes.
- ☐ Add thyme and red pepper flakes and cook (there may be some popping), stirring frequently, until breadcrumbs are golden and crisp, about 2 minutes more.
- ☐ Remove from heat and stir in parsley.
- ☐ To serve, transfer hot roasted mushrooms to a platter and sprinkle with crumbs.
- ☐ •Breadcrumb mixture (without parsley) can be made 3 days ahead and kept chilled in an airtight container. To re-warm, sprinkle crumbs on mushrooms during last few minutes of roasting, then sprinkle with parsley. •Mushrooms can be cut and tossed with seasonings 3 hours ahead and chilled in pan, covered with plastic wrap. Top with butter before roasting.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:2.66, Inflammation Score:-10, Nutrition Score:16.480434963237%

Flavonoids

Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 351.05kcal (17.55%), Fat: 33.31g (51.24%), Saturated Fat: 10.12g (63.22%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 8.23g (2.99%), Sugar: 4.11g (4.56%), Cholesterol: 30.1mg (10.03%), Sodium: 56609.74mg (2461.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin K: 46.71µg (44.49%), Vitamin B3: 6.73mg (33.65%), Manganese: 0.63mg (31.52%), Vitamin B6: 0.54mg (26.83%), Vitamin B5: 2.6mg (26%), Vitamin B2: 0.4mg (23.31%), Vitamin E: 3.46mg (23.07%), Phosphorus: 201.78mg (20.18%), Fiber: 4.93g (19.71%), Potassium: 575.63mg (16.45%), Copper: 0.32mg (15.85%), Vitamin A: 758.89IU (15.18%), Selenium: 10.25µg (14.64%), Zinc: 2.02mg (13.49%), Iron: 2.1mg (11.68%), Magnesium: 43.11mg (10.78%), Vitamin C: 8.73mg (10.59%), Folate: 27.26µg (6.82%), Calcium: 62.49mg (6.25%), Vitamin D: 0.89µg (5.94%), Vitamin B1: 0.03mg (2.22%)