



Roasted Mushrooms with Toasted Buttery Hazelnuts

 Vegetarian

READY IN



23 min.

SERVINGS



4

CALORIES



771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 12 slices bread french toasted
- 2 tablespoons hazelnuts crushed
- 0.3 teaspoon hungarian paprika
- 1 juice of lemon
- 4 servings kosher salt
- 4 servings pepper freshly ground

- 2 medium shallots peeled thinly sliced
- 4 servings vermouth
- 0.5 pound button mushrooms white cleaned quartered

Equipment

- frying pan
- sieve
- stove

Directions

- Watch how to make this recipe.
- Heat a skillet large enough to hold the mushrooms in a single layer over medium-high heat.
- Add 1 tablespoon of butter, which should, ideally, melt quickly and turn a light brown color.
- Add the shallots, season with salt and pepper, and give them a quick stir.
- Add mushrooms, 1 more tablespoon of butter and season with a bit more salt. Cook for about 4 minutes until mushrooms begin to turn golden brown and release some of their water. To avoid a possible flame up, move pan away from the stove and carefully add the vermouth. Return pan to stove and let cook for 2 to 3 minutes to reduce the vermouth.
- While mushrooms are cooking melt remaining 1 tablespoon butter in a small skillet over low heat.
- Add the hazelnuts and let them "simmer" in the butter over low heat until they turn light brown, about 4 minutes.
- Once the vermouth has reduced and been absorbed by the mushrooms sprinkle in the paprika (use a mesh strainer to evenly distribute the paprika over all the mushrooms).
- Add the lemon juice and hazelnuts and give it a stir.
- Remove from heat and let cool for 2 minutes.
- Top each slice of toasted French bread with about 2 tablespoons of the mushroom mixture, place on platter and serve.

Nutrition Facts



■ PROTEIN 13.88% ■ FAT 21.58% ■ CARBS 64.54%

Properties

Glycemic Index:63.63, Glycemic Load:77.81, Inflammation Score:-9, Nutrition Score:29.753043400205%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg 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 Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 771.05kcal (38.55%), Fat: 16.44g (25.3%), Saturated Fat: 6.67g (41.71%), Carbohydrates: 110.62g (36.87%), Net Carbohydrates: 104.85g (38.13%), Sugar: 11.4g (12.67%), Cholesterol: 22.58mg (7.53%), Sodium: 1421.66mg (61.81%), Alcohol: 14.06g (100%), Alcohol %: 4.12% (100%), Protein: 23.8g (47.6%), Vitamin B1: 1.45mg (96.77%), Selenium: 60.58µg (86.54%), Manganese: 1.39mg (69.71%), Folate: 257.59µg (64.4%), Vitamin B2: 1.06mg (62.49%), Vitamin B3: 11.44mg (57.21%), Iron: 8.22mg (45.68%), Copper: 0.57mg (28.64%), Phosphorus: 276.03mg (27.6%), Fiber: 5.77g (23.07%), Magnesium: 78.38mg (19.59%), Vitamin B6: 0.34mg (17.12%), Zinc: 2.48mg (16.56%), Vitamin B5: 1.6mg (15.98%), Potassium: 495.16mg (14.15%), Calcium: 115.69mg (11.57%), Vitamin E: 1.46mg (9.71%), Vitamin C: 5.41mg (6.56%), Vitamin A: 326.46IU (6.53%), Vitamin K: 3.15µg (3%)