



HEALTH SCORE

64%

Roasted Portobello Mushroom with Poached Egg in a Creamy Mushroom Sauce



Gluten Free



Very Healthy



Popular

READY IN



60 min.

SERVINGS



2

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 ounce porcini mushrooms dried
- ☐ 4 eggs
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons oil
- ☐ 0.5 cup parmigiano reggiano grated (parmesan)

- ☐ 4 small portabello mushrooms
- ☐ 2 servings salt and pepper to taste
- ☐ 1 shallots diced finely
- ☐ 10 ounces pkt spinach steamed
- ☐ 0.5 teaspoon thyme leaves chopped
- ☐ 0.5 cup water hot

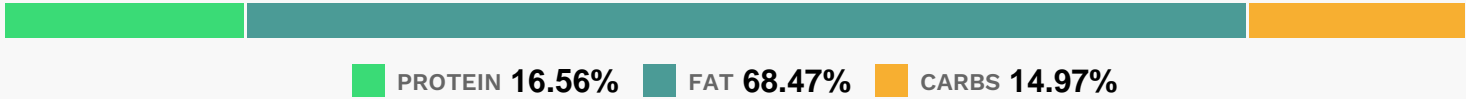
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Soak the dried porcini mushrooms in the hot water for 20 minutes.
- ☐ Brush the portobello mushrooms with the oil, season with salt and pepper, bake in a preheated 400F oven until tender, about 10–30 minutes, with the gill side up and set them aside to cool. (Note: Roasting time can vary greatly depending on how thick your mushrooms are.)
- ☐ Drain the mushrooms and chop them reserving the water. Melt the butter in a pan over medium heat.
- ☐ Add the porcini mushrooms, shallots, garlic, thyme, salt and pepper and saute for 2 minutes.
- ☐ Add the reserved water and simmer at medium–high until reduced by half, about 3–5 minutes.
- ☐ Add the cream and parmigiano reggiano and simmer until it thickens, about 2–4 minutes. Bring a large pot of water to a boil and reduce the heat to medium. Crack an egg into a bowl, swirl the water in the pot and pour the egg from the bowl into the water and repeat for another egg.
- ☐ Let the eggs cook until the whites are set but the yolks are not, about 2–3 minutes and fish them out. Divide the mushrooms between two plates, top with the spinach, the poached eggs and then pour on the mushroom sauce.

Nutrition Facts



Properties

Glycemic Index:107, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:55.759999565456%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 723.35kcal (36.17%), Fat: 57.29g (88.14%), Saturated Fat: 25.4g (158.74%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 20.75g (7.54%), Sugar: 8.37g (9.31%), Cholesterol: 426.64mg (142.21%), Sodium: 914.03mg (39.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.17g (62.33%), Vitamin K: 697.83µg (664.6%), Vitamin A: 15036.09IU (300.72%), Selenium: 74.06µg (105.8%), Folate: 395.36µg (98.84%), Manganese: 1.65mg (82.75%), Copper: 1.5mg (75.13%), Vitamin B2: 1.27mg (74.84%), Phosphorus: 686.83mg (68.68%), Vitamin B5: 6.78mg (67.78%), Calcium: 544.42mg (54.44%), Vitamin B3: 10.79mg (53.97%), Potassium: 1873.41mg (53.53%), Vitamin C: 42.95mg (52.06%), Vitamin E: 7.06mg (47.04%), Vitamin B6: 0.92mg (45.93%), Magnesium: 160.95mg (40.24%), Iron: 6.68mg (37.09%), Zinc: 4.78mg (31.88%), Fiber: 7.43g (29.74%), Vitamin D: 3.89µg (25.96%), Vitamin B1: 0.32mg (21.34%), Vitamin B12: 1.27µg (21.24%)