



Roasted Wild Mushrooms in Red-Wine Reduction



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



1500 min.

SERVINGS



10

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb the following: parmesan rind) fresh (also known as cèpes)
- ☐ 3 tablespoons thyme sprigs fresh chopped
- ☐ 6 garlic clove minced
- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 medium onion cut into 1/2-inch-thick wedges
- ☐ 1.5 lbs pearl onions assorted peeled
- ☐ 2 cups red wine

☐ 1 teaspoon salt

Equipment

☐ oven

☐ sieve

☐ baking pan

☐ aluminum foil

Directions

☐ If using dried porcini, soak in boiling-hot water to cover until soft, about 45 minutes. Lift out porcini, squeezing out excess liquid, and discard soaking liquid. Rinse in a sieve to remove any grit and pat dry. Halve larger slices.

☐ Preheat oven to 375°F.

☐ If using fresh porcini, halve or quarter larger ones, keeping smaller ones whole, and transfer all to a baking pan. Toss all mushrooms with onion wedges, garlic, thyme, wine, 3 tablespoons oil, salt, and pepper to taste. Toss pearl onions with remaining tablespoon oil and salt and pepper to taste in a shallow baking pan.

☐ Roast mushroom mixture, covered with foil, in upper third of oven and pearl onions, uncovered, in lower third, stirring occasionally and switching position of pans halfway through roasting, until pearl onions are tender and golden brown, about 45 minutes total.

☐ Remove pearl onions from oven.

☐ Uncover mushroom mixture and stir in 1/2 cup red-wine reduction. Continue roasting mixture in middle of oven, uncovered, stirring occasionally, until vegetables are tender and liquid is reduced by half, about 30 minutes. Stir in pearl onions and roast until hot, about 10 minutes more.

☐ Heat remaining red-wine reduction.

☐ Season mushrooms and onions with salt and pepper.

☐ Drizzle with some red-wine reduction and serve the rest on the side.

☐ Mushrooms and onions may be roasted 1 day ahead, cooled completely, and chilled, covered. Reheat before serving.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:2.31, Inflammation Score:-10, Nutrition Score:49.296522254529%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.95mg, Petunidin: 0.95mg, Petunidin: 0.95mg, Petunidin: 0.95mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 6.64mg, Malvidin: 6.64mg, Malvidin: 6.64mg, Malvidin: 6.64mg Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 4.52mg, Isorhamnetin: 4.52mg, Isorhamnetin: 4.52mg, Isorhamnetin: 4.52mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 18.81mg, Quercetin: 18.81mg, Quercetin: 18.81mg, Quercetin: 18.81mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 533.91kcal (26.7%), Fat: 7.08g (10.89%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 113.33g (37.78%), Net Carbohydrates: 95.82g (34.84%), Sugar: 7.14g (7.93%), Cholesterol: 0mg (0%), Sodium: 256.37mg (11.15%), Alcohol: 5.09g (100%), Alcohol %: 2.27% (100%), Protein: 14.29g (28.58%), Copper: 7.09mg (354.3%), Vitamin B5: 29.92mg (299.17%), Vitamin B2: 1.78mg (104.66%), Vitamin B3: 19.45mg (97.25%), Manganese: 1.85mg (92.33%), Selenium: 63.53µg (90.76%), Vitamin B6: 1.48mg (73.91%), Zinc: 10.7mg (71.36%), Fiber: 17.51g (70.05%), Potassium: 2299.96mg (65.71%), Folate: 240.39µg (60.1%), Magnesium: 198.2mg (49.55%), Phosphorus: 442.2mg (44.22%), Vitamin D: 5.31µg (35.38%), Vitamin B1: 0.46mg (30.44%), Vitamin C: 15.35mg (18.61%), Iron: 3.18mg (17.67%), Vitamin E: 0.83mg (5.51%), Calcium: 51.48mg (5.15%), Vitamin K: 3.95µg (3.77%), Vitamin A: 102.69IU (2.05%)