



Seared Maitake Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon capers finely chopped
- ☐ 2 pickled cucumbers / gherkins finely chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 2 garlic clove finely chopped
- ☐ 4 servings pepper freshly ground

- ☐ 1 leek white thinly sliced
- ☐ 0.3 cup mayonnaise
- ☐ 16 ounce mushrooms cleaned halved
- ☐ 2 tablespoons olive oil
- ☐ 0.5 small shallots finely chopped

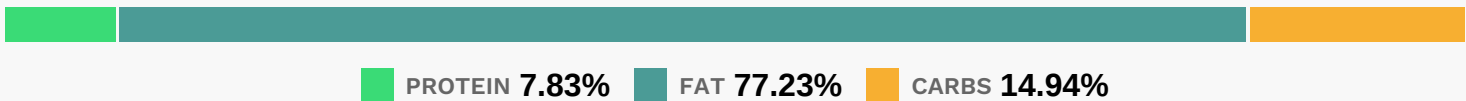
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ colander

Directions

- ☐ Cook leek in a small saucepan of boiling salted water until tender, about 4 minutes.
- ☐ Drain; transfer to a colander set in a bowl of ice water.
- ☐ Let cool; drain and transfer to paper towels.
- ☐ Mix shallot, cornichons, mayonnaise, mustard, capers, dill, tarragon, and 3 tablespoons water in a small bowl, adding more water as needed to thin. Fold in leek; season with salt and pepper.
- ☐ Combine garlic and 2 tablespoons oil in a small bowl.
- ☐ Heat remaining 1/2 cup oil in 2 large skillets over medium-high heat. Season mushrooms with salt and pepper. Cook each, cut side down, in a skillet, pressing to flatten once they begin to soften, until golden and crisp, about 3 minutes per side. Reduce heat to low.
- ☐ Drizzle garlic mixture around mushrooms and cook until garlic is golden, about 1 minute; turn mushrooms to coat.
- ☐ Spoon leek rémoulade onto plates and top with mushrooms.

Nutrition Facts



Properties

Glycemic Index:88.75, Glycemic Load:2.6, Inflammation Score:-5, Nutrition Score:13.190869523131%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 3.24mg, Kaempferol: 3.24mg, Kaempferol: 3.24mg, Kaempferol: 3.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 242.62kcal (12.13%), Fat: 21.83g (33.59%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 7.26g (2.64%), Sugar: 3.6g (4%), Cholesterol: 7.84mg (2.61%), Sodium: 274.53mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Vitamin K: 46.32µg (44.11%), Vitamin B2: 0.5mg (29.43%), Vitamin B3: 4.41mg (22.08%), Copper: 0.43mg (21.31%), Selenium: 14.11µg (20.16%), Manganese: 0.39mg (19.75%), Vitamin B5: 1.81mg (18.05%), Potassium: 489.32mg (13.98%), Phosphorus: 127.63mg (12.76%), Vitamin E: 1.89mg (12.57%), Vitamin B6: 0.25mg (12.46%), Iron: 1.92mg (10.68%), Folate: 41.53µg (10.38%), Vitamin A: 474.65IU (9.49%), Fiber: 2.24g (8.96%), Vitamin B1: 0.13mg (8.74%), Vitamin C: 6.85mg (8.3%), Magnesium: 28.4mg (7.1%), Zinc: 0.8mg (5.34%), Calcium: 48.52mg (4.85%), Vitamin D: 0.26µg (1.76%), Vitamin B12: 0.07µg (1.13%)