



Simple Fried Morel Mushrooms



Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

602 kcal

SIDE DISH

Ingredients



1 cup flour all-purpose



1 pound morel mushrooms – dirt gently brushed off and mushrooms fresh halved lengthwise



4 servings salt to taste



1 cup vegetable shortening

Equipment



bowl



frying pan

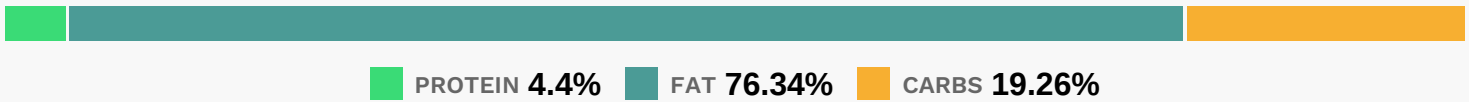


paper towels

Directions

- ☐ Place halved morel mushrooms in a large bowl; cover with cold, lightly salted water. Refrigerate mushrooms for about 5 minutes to loosen any dirt; pour off salted water, rinse, and repeat twice more. Crevices of the mushrooms may harbor tiny stones or even insects. Thoroughly rinse mushrooms a final time and allow to drain on paper towels.
- ☐ Place flour in a shallow bowl.
- ☐ Heat vegetable shortening in a large skillet until very hot.
- ☐ Roll mushrooms in flour and tap off excess; gently lay mushrooms in the hot shortening.
- ☐ Pan-fry until golden brown and flour coating is crisp, 5 to 8 minutes, turning often.
- ☐ Drain morels on paper towels, salt to taste, and enjoy your treasures!

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:18.09, Inflammation Score:-3, Nutrition Score:19.921739142874%

Nutrients (% of daily need)

Calories: 601.95kcal (30.1%), Fat: 52.2g (80.31%), Saturated Fat: 12.93g (80.84%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 25.61g (9.31%), Sugar: 0.76g (0.85%), Cholesterol: 0mg (0%), Sodium: 220.28mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.53%), Iron: 15.3mg (85%), Manganese: 0.88mg (43.96%), Vitamin D: 5.78µg (38.56%), Copper: 0.75mg (37.69%), Vitamin K: 27.36µg (26.06%), Phosphorus: 253.74mg (25.37%), Vitamin B2: 0.39mg (22.76%), Vitamin B1: 0.33mg (22.25%), Vitamin B3: 4.4mg (21.99%), Vitamin E: 3.16mg (21.07%), Selenium: 13.09µg (18.7%), Folate: 67.39µg (16.85%), Zinc: 2.52mg (16.81%), Fiber: 4.02g (16.08%), Potassium: 499.54mg (14.27%), Vitamin B5: 0.98mg (9.84%), Vitamin B6: 0.17mg (8.42%), Magnesium: 28.43mg (7.11%), Calcium: 54.08mg (5.41%)