



Stuffed White Mushroom Caps

READY IN



100 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar for finishing
- ☐ 2 tablespoons bread crumbs toasted
- ☐ 0.3 cup vermouth dry
- ☐ 0.5 cup vermouth dry
- ☐ 1 small bunch thyme leaves fresh with a string
- ☐ 2 small cloves garlic grated peeled
- ☐ 0.5 teaspoon ground cumin
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.1 cup olive oil extra-virgin

- ☐ 0.3 cup parmesan divided grated
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 4 tablespoons butter unsalted
- ☐ 12 ounces mushrooms white washed and thinly sliced trimmed
- ☐ 18 mushrooms white washed trimmed
- ☐ 1 onion diced yellow peeled finely

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

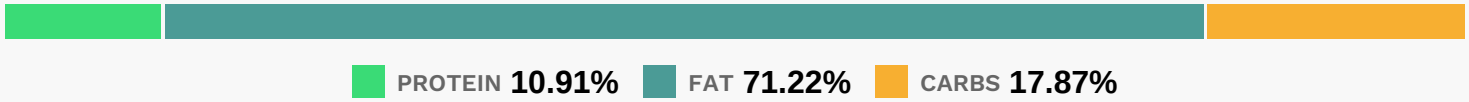
Directions

- ☐ Heat a large saucepan over medium heat.
- ☐ Add the olive oil and carefully add the thyme bundle. Once it crackles and becomes crispy set aside on a paper towel to drain.
- ☐ Add the diced onion, and salt and pepper, to taste, and cook until tender, about 3 to 5 minutes.
- ☐ Add the grated garlic and cumin and lower the heat. Stir in the sliced mushrooms, and season with salt and pepper, to taste. Cook until the mushrooms are tender and most of the liquid has evaporated at the bottom of the pan, 8 to 10 minutes.
- ☐ Stir the vermouth into the mushrooms and cook until the flavor of the alcohol has mellowed considerably, 5 to 8 minutes. Taste for seasoning.
- ☐ Add the sour cream and fried thyme back to the pan. Reduce heat and allow sour cream to melt over the mushrooms. Do not overheat the cream or it will separate. Stir in half of the grated Parmesan. Taste for seasoning.

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- ☐ Add the sour cream and fried thyme back to the pan. Reduce heat and allow sour cream to melt over the mushrooms. Do not overheat the cream or it will separate. Stir in half of the grated Parmesan. Taste for seasoning.
- ☐ Heat a medium saute pan over medium heat and add the butter and the mushroom bottoms. Season with salt and pepper, to taste, and cook over medium heat, until the water emerges from the mushrooms and evaporates. 5 to 8 minutes, Stir in the vermouth and cook 5 to 8 minutes. Taste for seasoning, then set aside to cool.
- ☐ Heat a medium saute pan over medium heat and add the butter and the mushroom bottoms. Season with salt and pepper, to taste, and cook over medium heat, until the water emerges from the mushrooms and evaporates. 5 to 8 minutes, Stir in the vermouth and cook 5 to 8 minutes. Taste for seasoning, then set aside to cool.
- ☐ Preheat the oven to 350 degrees F.
- ☐ When the mushrooms have cooled slightly fill each bottom with some of the stuffing. The stuffing should be firmly packed in the mushroom bottom well above the top. Arrange the mushrooms, in a single layer, on a baking sheet. In a small bowl, mix the bread crumbs and remaining Parmesan, then sprinkle it on top of the mushroom caps.
- ☐ Heat in the oven until they are hot inside and lightly browned on the top, 5 to 8 minutes.
- ☐ Transfer the mushrooms to a serving platter and drizzle each cap with a little balsamic vinegar.
- ☐ Serve immediately.
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Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:8.5069566291312%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 210.27kcal (10.51%), Fat: 16.2g (24.92%), Saturated Fat: 7.74g (48.35%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 7.77g (2.83%), Sugar: 3.8g (4.22%), Cholesterol: 34.85mg (11.62%), Sodium: 100.61mg (4.37%), Alcohol: 2.14g (100%), Alcohol %: 1.56% (100%), Protein: 5.58g (11.17%), Vitamin B2: 0.43mg (25.54%), Vitamin B3: 3.4mg (17.02%), Selenium: 11.03µg (15.76%), Copper: 0.31mg (15.35%), Vitamin B5: 1.47mg (14.73%), Phosphorus: 138.83mg (13.88%), Potassium: 357.97mg (10.23%), Calcium: 96.42mg (9.64%), Vitamin A: 413.36IU (8.27%), Vitamin B1: 0.11mg (7.46%), Manganese: 0.14mg (6.98%), Vitamin B6: 0.14mg (6.93%), Folate: 22.69µg (5.67%), Fiber: 1.37g (5.48%), Vitamin E: 0.79mg (5.25%), Zinc: 0.76mg (5.05%), Vitamin C: 4.16mg (5.04%), Iron: 0.88mg (4.88%), Magnesium: 17.2mg (4.3%), Vitamin K: 3.59µg (3.42%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.3µg (2.01%)