

Warm Mushroom Spread

READY IN



30 min.

SERVINGS



8

CALORIES



132 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 tablespoons butter
- 1.5 tablespoons flour all-purpose
- 1 pound mushrooms fresh sliced
- 0.5 teaspoon juice of lemon
- 1 small onion chopped
- 0.3 cup parmesan
- 1 pinch salt and pepper to taste
- 1 cup cream sour

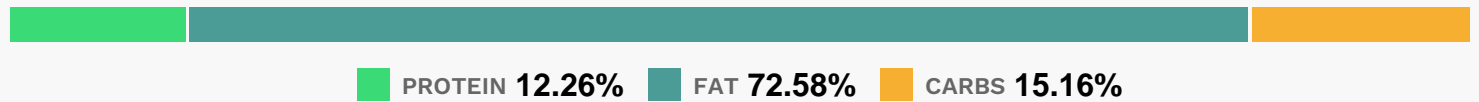
Equipment

- frying pan
- oven
- casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Melt the butter in a skillet over medium heat. Stir in the mushrooms and onion, and cook until tender.
- Sprinkle with the flour. Reduce heat to low, and continue cooking 5 minutes.
- Mix in sour cream and lemon juice, and season with salt and pepper.
- Transfer to a small casserole dish, and top with Parmesan cheese.
- Bake 15 minutes in the preheated oven, until bubbly.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:1.4, Inflammation Score:-3, Nutrition Score:5.5413042617881%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 132.06kcal (6.6%), Fat: 11.13g (17.12%), Saturated Fat: 6.32g (39.5%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 4.47g (1.63%), Sugar: 2.52g (2.8%), Cholesterol: 31.08mg (10.36%), Sodium: 117.48mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin B2: 0.3mg (17.72%), Selenium: 7.85µg (11.21%), Vitamin B3: 2.18mg (10.9%), Phosphorus: 104.87mg (10.49%), Vitamin B5: 0.99mg (9.87%), Copper: 0.19mg (9.62%), Calcium: 83.58mg (8.36%), Vitamin A: 343.05IU (6.86%), Potassium: 235.94mg (6.74%), Vitamin B1: 0.07mg (4.58%), Vitamin B6: 0.09mg (4.3%), Folate: 16.11µg (4.03%), Zinc: 0.53mg (3.56%), Fiber: 0.75g (3.02%),

Magnesium: 11.12mg (2.78%), Vitamin C: 2.22mg (2.69%), Manganese: 0.05mg (2.58%), Vitamin B12: 0.14µg (2.37%),
Iron: 0.42mg (2.35%), Vitamin E: 0.25mg (1.66%)