



Wild Mushroom Dip

READY IN



23 min.

SERVINGS



6

CALORIES



328 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 10.8 ounce cream of mushroom soup canned (recommended: Campbell's)
- 8 ounce cream cheese cut into cubes
- 6 servings top for serving
- 1 teaspoon tarragon dried
- 1 ounce mushrooms variety wild mixed dried (recommended: Ready Pac*)
- 1 teaspoon salt
- 1 cup mozzarella cheese shredded
- 0.5 cup cup heavy whipping cream sour

2 cups white wine (recommended: Chardonnay)

Equipment

food processor

bowl

pot

microwave

Directions

In a microwave-safe bowl, heat white wine on HIGH for 4 minutes.

Place dried mushrooms in wine and let sit for 10 minutes to rehydrate.

Transfer mushrooms with 2/3 of a cup of the liquid to a food processor. Puree to a coarse consistency.

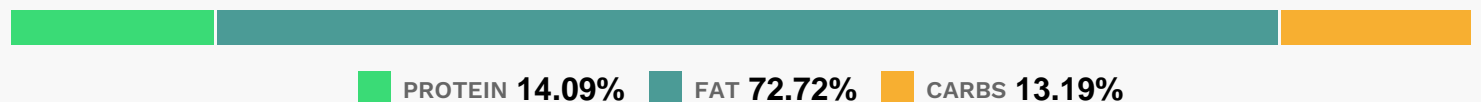
In a medium pot combine remaining ingredients and pureed mushrooms.

Mix thoroughly and cook over medium-low heat, for about 5 to 10 minutes, stirring frequently.

Transfer to bowl and serve hot with crusty bread or crostini.

*Pre-packaged dried wild mushrooms are found in the produce department of your local grocery store.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:1.54, Inflammation Score:-6, Nutrition Score:7.0456521718398%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 327.99kcal (16.4%), Fat: 22.18g (34.13%), Saturated Fat: 12.65g (79.08%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 8.81g (3.2%), Sugar: 3.18g (3.53%), Cholesterol: 66.77mg (22.26%), Sodium: 999.87mg (43.47%), Alcohol: 8.24g (100%), Alcohol %: 4.89% (100%), Protein: 9.67g (19.34%), Calcium: 164.96mg (16.5%), Manganese: 0.31mg (15.71%), Phosphorus: 156.64mg (15.66%), Vitamin A: 768.15IU (15.36%), Vitamin B2: 0.24mg (14.26%), Selenium: 7.96µg (11.37%), Vitamin B12: 0.63µg (10.54%), Zinc: 1.5mg (10.02%), Copper: 0.14mg (6.92%), Potassium: 237.4mg (6.78%), Magnesium: 22.8mg (5.7%), Vitamin B6: 0.11mg (5.54%), Vitamin B5: 0.52mg (5.15%), Iron: 0.9mg (4.99%), Vitamin B3: 0.87mg (4.33%), Folate: 13.19µg (3.3%), Vitamin B1: 0.04mg (2.95%), Vitamin E: 0.44mg (2.92%), Vitamin K: 2.11µg (2.01%)