



Wild Mushroom-Egg Bake



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon mustard dry
- ☐ 6 large eggs lightly beaten
- ☐ 0.3 teaspoon thyme leaves fresh minced
- ☐ 4 oz jack cheese shredded
- ☐ 8 ounces oyster mushrooms fresh cleaned sliced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

☐ 0.5 cup whipping cream

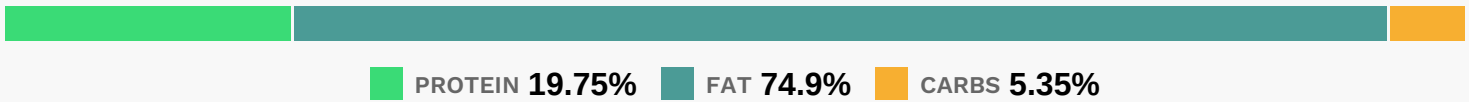
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ In a large frying pan over high heat, melt 2 tablespoons butter.
- ☐ Add mushrooms and cook, stirring often, until lightly browned, about 5 minutes.
- ☐ Butter an 8-inch square baking dish and sprinkle cheese on the bottom. In a small bowl, mix cream, mustard, thyme, salt, and pepper.
- ☐ Pour half the cream mixture over the cheese. Top with mushrooms and eggs.
- ☐ Pour remaining cream mixture over the top.
- ☐ Bake until eggs are set, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:7.7886955938909%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 192.38kcal (9.62%), Fat: 16.23g (24.98%), Saturated Fat: 9.12g (57.02%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.97g (1.08%), Cholesterol: 176.45mg (58.82%), Sodium: 242.63mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.26%), Selenium: 15.05µg (21.5%), Vitamin B2: 0.36mg (20.91%), Phosphorus: 181.87mg (18.19%), Calcium: 139.16mg (13.92%), Vitamin A: 634.59IU (12.69%), Vitamin B5: 1.02mg (10.15%), Vitamin D: 1.27µg (8.48%), Vitamin B12: 0.48µg (8.02%), Folate: 31.89µg (7.97%), Zinc:

1.18mg (7.84%), Vitamin B3: 1.47mg (7.33%), Iron: 1.18mg (6.56%), Potassium: 199.42mg (5.7%), Vitamin B6: 0.11mg (5.62%), Copper: 0.1mg (5.22%), Vitamin E: 0.66mg (4.37%), Magnesium: 15.21mg (3.8%), Vitamin B1: 0.06mg (3.79%), Manganese: 0.06mg (2.83%), Fiber: 0.69g (2.77%), Vitamin K: 1.3µg (1.24%)