



Wild Mushrooms en Papillote

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

Ingredients

- 2 tablespoons chives finely chopped
- 1 pound mushrooms wild mixed fresh trimmed
- 1 teaspoon garlic minced
- 2 tablespoons parsley finely chopped
- 4 servings sea salt
- 1 tablespoon shallots minced
- 1 tablespoon tarragon finely chopped
- 1 stick butter unsalted melted

Equipment

- bowl
- baking paper
- oven
- baking pan

Directions

- Preheat oven to 450°F with rack in middle.
- Lightly brush 4 (12-inch) squares of parchment paper with some of butter.
- Toss mushrooms with herbs, shallot, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl, then toss with remaining butter and divide among parchment squares.
- Fold parchment to enclose mushrooms.
- Bake packets in a shallow baking pan 20 minutes.
- Serve packets on plates.

Nutrition Facts

  
 **PROTEIN 6.97%**  **FAT 84.32%**  **CARBS 8.71%**

Properties

Glycemic Index:59.75, Glycemic Load:1.55, Inflammation Score:-6, Nutrition Score:11.503478361213%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 236.75kcal (11.84%), Fat: 23.46g (36.09%), Saturated Fat: 14.61g (91.29%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 3.99g (1.45%), Sugar: 2.51g (2.79%), Cholesterol: 60.74mg (20.25%), Sodium: 205.24mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin K: 38.01µg (36.2%), Vitamin B2:

0.49mg (29.05%), Vitamin B3: 4.31mg (21.54%), Vitamin A: 1013.41IU (20.27%), Copper: 0.39mg (19.35%), Vitamin B5: 1.75mg (17.53%), Selenium: 11.06µg (15.8%), Potassium: 447.15mg (12.78%), Phosphorus: 114.46mg (11.45%), Manganese: 0.22mg (11.15%), Vitamin B6: 0.18mg (9.14%), Vitamin C: 7.22mg (8.75%), Folate: 30.41µg (7.6%), Iron: 1.33mg (7.39%), Vitamin B1: 0.1mg (6.9%), Fiber: 1.46g (5.85%), Zinc: 0.73mg (4.88%), Magnesium: 19.19mg (4.8%), Vitamin E: 0.69mg (4.58%), Vitamin D: 0.65µg (4.34%), Calcium: 36.66mg (3.67%), Vitamin B12: 0.09µg (1.56%)