



Wild Mushrooms with Chestnuts and Thyme



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons butter ()
- ☐ 1.5 cups honey whole peeled halved
- ☐ 10 servings chives fresh chopped
- ☐ 2 pounds mushrooms wild fresh assorted stemmed sliced (such as shiitake, crimini, and oyster)
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 6 garlic clove minced
- ☐ 0.8 cup madeira wine
- ☐ 2 cups shallots sliced

☐ 0.8 cup whipping cream

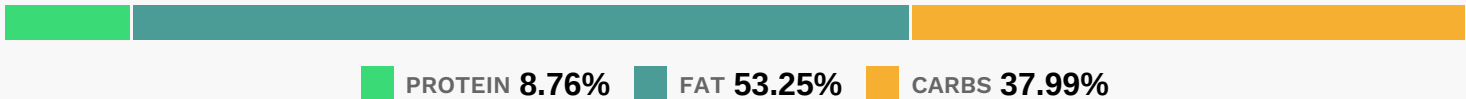
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt 3 tablespoons butter in large deep nonstick skillet over medium-high heat.
- ☐ Add shallots and sauté until tender and golden, about 6 minutes.
- ☐ Add garlic and stir 30 seconds.
- ☐ Add remaining 3 tablespoons butter and stir until melted.
- ☐ Add mushrooms; sprinkle with salt and pepper. Sauté until tender and brown, about 10 minutes.
- ☐ Add thyme and stir 1 minute.
- ☐ Add Madeira and simmer until almost evaporated, about 1 minute.
- ☐ Add chestnuts and whipping cream and simmer until cream thickens and coats mushroom mixture, about 1 minute. Season generously with salt and pepper.
- ☐ Transfer to bowl; sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:30.1, Glycemic Load:8.02, Inflammation Score:-9, Nutrition Score:11.555652198584%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol:

0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 236.14kcal (11.81%), Fat: 13.92g (21.42%), Saturated Fat: 8.54g (53.35%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 19.66g (7.15%), Sugar: 6.26g (6.95%), Cholesterol: 38.23mg (12.74%), Sodium: 70.84mg (3.08%), Alcohol: 1.85g (100%), Alcohol %: 1.13% (100%), Protein: 5.15g (10.3%), Vitamin B2: 0.43mg (25.08%), Copper: 0.44mg (21.86%), Vitamin C: 17.8mg (21.58%), Vitamin B6: 0.38mg (18.86%), Vitamin B3: 3.68mg (18.42%), Potassium: 600.8mg (17.17%), Vitamin B5: 1.68mg (16.8%), Manganese: 0.33mg (16.6%), Selenium: 9.91µg (14.15%), Phosphorus: 134.99mg (13.5%), Vitamin A: 589.99IU (11.8%), Folate: 46.83µg (11.71%), Fiber: 2.68g (10.72%), Vitamin B1: 0.14mg (9.51%), Iron: 1.58mg (8.79%), Magnesium: 30.86mg (7.72%), Zinc: 0.89mg (5.93%), Calcium: 49.57mg (4.96%), Vitamin K: 3.77µg (3.59%), Vitamin D: 0.47µg (3.11%), Vitamin E: 0.39mg (2.6%), Vitamin B12: 0.08µg (1.32%)