



Mushroom duxelles

Categories: Main Dishes

Yield: 1

Ingredients

Amount	Ingredient	Preparation
7 ounces	shiitake mushrooms	
2 cups	white button mushrooms	
4 cups	baby spinach	
6	small shallots	chopped
6 cloves	garlic	chopped
4 sprigs	tarragon	stemmed
4 teaspoons	margarine	
0.5 cup	vegetable broth	

Instructions

Add spinach, shiitake, button mushrooms, shallots, garlic, and tarragon to a food processor and pulse until finely chopped. Add Margarine to large saute pan and set over medium heat. Add the mushroom mixture and vegetable stock and saute for 10 minutes until most of the liquid has evaporated. Season with a pinch of black pepper and set aside to cool.

Properties

- water: 3g
- energy: 135.2kcal
- protein: 0.2g
- fat: 15.1g
- ash: 0.4g
- carbohydrates: 0.2g
- dietary fiber: 0g
- sugar: 0g
- calcium: 5.6mg
- iron: 0mg
- magnesium: 0.6mg
- phosphorus: 4.3mg
- potassium: 7.9mg
- sodium: 177.3mg
- zinc: 0mg
- copper: 0mg
- manganese: 0mg
- selenium: 0?g
- vitamin C: 0mg
- thiamin: 0mg
- riboflavin: 0mg
- niacin: 0mg
- pantothenic acid: 0mg
- vitamin B: 0mg
- folate: 0.2?g
- folic acid: 0?g
- food folate: 0.2?g
- folate (DFE): 0.2?g
- vitamin B12: 0?g
- vitamin A: 672.5IU
- vitamin A (RAE): 154?g
- retinol: 144.4?g
- vitamin E: 2.2g
- vitamin K: 0?g
- alpha-carotene: 0?g
- beta-carotene: 114.7?g
- beta-cryptoxanthin: 0?g
- lycopene: 0?g
- lutein+zeaxanthin: 0?g
- saturated fat: 2.5g
- monounsaturated fat: 8.6g
- polyunsaturated fat: 3.4g
- cholesterol: 0mg