

Burger Toppings - Sautee'd Mushrooms

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2 tablespoons butter
2 tablespoons olive oil
2 thinly sliced scallion
1 pound sliced mushrooms
salt
1 tablespoon fresh flat-leaf parsley,
chopped
salt (to taste)
pepper (to taste)

In a skillet over medium-high heat, warm the butter and olive oil.

Add the scallions. Cook, stirring, about 2 minutes.

Add the mushrooms and season with salt. Cook, stirring, until the mushrooms brown, about 10 minutes.

Atir in the parsley.

Season with salt and pepper.

Per Serving (excluding unknown items): 557 Calories; 52g Fat (78.9% calories from fat); 10g Protein; 21g Carbohydrate; 6g Dietary Fiber; 62mg Cholesterol; 254mg Sodium. Exchanges: 4 1/2 Vegetable; 10 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	557
% Calories from Fat:	78.9%
% Calories from Carbohydrates:	14.4%
% Calories from Protein:	6.6%
Total Fat (g):	52g
Saturated Fat (g):	18g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	62mg
Carbohydrate (g):	21g
	6g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	2.0mg
Folacin (mcg):	102mcg
Niacin (mg):	19mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
 Protein (g): 10g
 Sodium (mg): 254mg
 Potassium (mg): 1708mg
 Calcium (mg): 35mg
 Iron (mg): 6mg
 Zinc (mg): 3mg
 Vitamin C (mg): 21mg
 Vitamin A (i.u.): 1062IU
 Vitamin A (r.e.): 234RE

Grain (Starch):
 Lean Meat: 0
 Vegetable: 4 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 10
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 557 Calories from Fat: 440

% Daily Values*

Total Fat 52g 80%
 Saturated Fat 18g 91%
Cholesterol 62mg 21%
Sodium 254mg 11%
Total Carbohydrates 21g 7%
 Dietary Fiber 6g 22%
Protein 10g

Vitamin A 21%
Vitamin C 35%
Calcium 3%
Iron 33%

* Percent Daily Values are based on a 2000 calorie diet.