

Fried Mushrooms

Cuisine: English
 Food category: Vegetables



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Program steps

Preheating:

1 Hot air 0 % Termination by time 00:10 hh:mm 200 °C + 100 %

Ingredients - number of portions - 4

Name	Value	Unit
mushrooms	250	kg
butter soft	10	kg

Nutrition and allergens

Allergens: 7
 Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn
 Vitamins: A, B, C, D, E, K

Nutritional value of one portion	Value
Energy	36200 kJ
Carbohydrate	1888 g
Fat	2225 g
Protein	1892.5 g
Water	0 g

Directions

Pre heat the oven, quarter the mushrooms into the cooking pan and add butter. When the oven is ready, place the mushrooms into the oven and allow to cook, you may want to stir the mushrooms half way through.

Recommended accessories

