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Breaded Garlic Mushrooms · ·

Breaded garlic mushrooms are a delicious appetizer or side dish. They are made by coating fresh mushrooms in a crispy breadcrumb and garlic mixture, then frying them until golden brown. The result is a savory and flavorful dish that is perfect for sharing with friends and family.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Mushrooms
100 g	breadcrumbs
4 cloves	garlic
2 units	Eggs

50 g	flour
1 tsp	salt
0.5 tsp	black pepper
250 ml	vegetable oil

Directions

Step 1

Preparation

Clean the mushrooms and remove the stems.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, mix the breadcrumbs, minced garlic, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Coating

Dip each mushroom into the flour, then into the beaten eggs, and finally into the breadcrumb mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Heat the vegetable oil in a frying pan over medium heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Frying

Fry the breaded mushrooms in batches until golden brown, about 2-3 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Draining

Transfer the cooked mushrooms to a paper towel-lined plate to drain excess oil.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 230 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 26 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	26 g	47.27%	52%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	320 mg	13.91%	13.91%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	330 mg	9.71%	12.69%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring Fall

Events

Picnic

Course

Appetizers Side Dishes Snacks

Cultural

Chinese New Year Diwali Christmas Halloween

Cost

Under \$10

Demographics

Pregnancy Safe Lactation Friendly Diabetic Friendly

Diet

The Whole30 Diet Vegetarian Diet Vegan Diet Pescatarian Diet
Ovo-Vegetarian Diet Lacto-Ovo Vegetarian Diet

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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