

# Fried Mushrooms

Cuisine: **English**  
Food category: **Vegetables**



Author: [Phil Smith](#)

Company: [Retigo](#)



## Program steps

Preheating: 215 °C

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      |

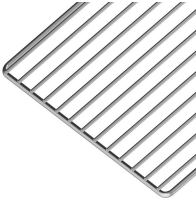
Directions

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



Vision Pan



Stainless wire shelving