



## Balsamic Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 tablespoons balsamic vinegar
- 1 pound mushrooms fresh sliced
- 3 cloves garlic minced
- 0.3 cup olive oil
- 4 servings salt and pepper to taste
- 3 tablespoons white wine

### Equipment

## Directions

- Saute the garlic in olive oil for 1 to 2 minutes. Do not brown the garlic.
- Add mushrooms and cook 2 more minutes, stirring occasionally. Stir in balsamic vinegar and wine, cook another 2 minutes. Season to taste with salt and pepper.

## Nutrition Facts

**PROTEIN 7.16%** **FAT 79.78%** **CARBS 13.06%**

## Properties

Glycemic Index:31.75, Glycemic Load:2.1, Inflammation Score:-2, Nutrition Score:8.5826086997986%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 207.21kcal (10.36%), Fat: 18.4g (28.3%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 5.6g (2.04%), Sugar: 4.17g (4.63%), Cholesterol: 0mg (0%), Sodium: 203.52mg (8.85%), Alcohol: 1.16g (100%), Alcohol %: 0.93% (100%), Protein: 3.71g (7.43%), Vitamin B2: 0.46mg (27.06%), Vitamin B3: 4.12mg (20.61%), Copper: 0.37mg (18.55%), Vitamin E: 2.61mg (17.37%), Vitamin B5: 1.72mg (17.16%), Selenium: 10.88µg (15.54%), Potassium: 391.28mg (11.18%), Phosphorus: 105.27mg (10.53%), Vitamin K: 10.92µg (10.4%), Vitamin B6: 0.15mg (7.57%), Vitamin B1: 0.1mg (6.46%), Manganese: 0.12mg (6.01%), Folate: 19.46µg (4.86%), Fiber: 1.18g (4.72%), Iron: 0.82mg (4.58%), Zinc: 0.64mg (4.26%), Vitamin C: 3.08mg (3.74%), Magnesium: 13.34mg (3.33%), Vitamin D: 0.23µg (1.51%), Calcium: 12.03mg (1.2%)