



Becel® Savoury Mushroom Medley



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons buttery taste margarine becel®
- ☐ 1 pound mushrooms assorted quartered
- ☐ 2 tablespoons cooking sherry
- ☐ 1 medium onion sweet chopped

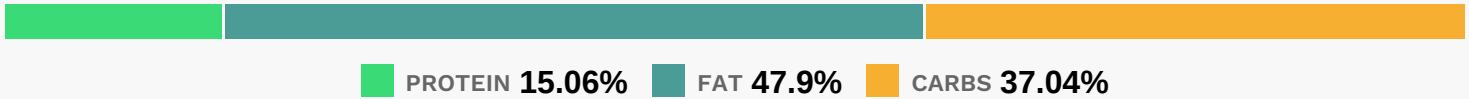
Equipment

☐ frying pan

Directions

☐ In 12-inch nonstick skillet, melt Becel® Buttery Taste margarine over medium-high heat and cook mushrooms and onion 10 minutes or until almost tender and starting to brown. Stir in garlic and cook 1 minute. Stir in sherry, thyme and black pepper and cook, stirring frequently, 2 minutes or until sherry is absorbed.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:9.2186957183092%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg

Nutrients (% of daily need)

Calories: 109.69kcal (5.48%), Fat: 6.1g (9.39%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 8.63g (3.14%), Sugar: 6.48g (7.2%), Cholesterol: 0mg (0%), Sodium: 78.86mg (3.43%), Alcohol: 0.77g (100%), Alcohol %: 0.46% (100%), Protein: 4.32g (8.63%), Vitamin B2: 0.48mg (28.2%), Vitamin B3: 4.23mg (21.14%), Copper: 0.41mg (20.65%), Vitamin B5: 1.8mg (17.95%), Selenium: 11.08µg (15.82%), Potassium: 474.23mg (13.55%), Phosphorus: 124.6mg (12.46%), Vitamin B6: 0.24mg (12.06%), Folate: 38.71µg (9.68%), Vitamin C: 7.4mg (8.97%), Vitamin B1: 0.13mg (8.58%), Fiber: 1.98g (7.92%), Manganese: 0.15mg (7.7%), Vitamin A: 275.38IU (5.51%), Iron: 0.91mg (5.05%), Magnesium: 19.71mg (4.93%), Zinc: 0.72mg (4.83%), Calcium: 26.39mg (2.64%), Vitamin E: 0.25mg (1.64%), Vitamin D: 0.23µg (1.51%)