



Bourbon Mushrooms



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup chicken broth
- ☐ 2 pounds mushrooms fresh assorted
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper

☐ 0.8 teaspoon salt

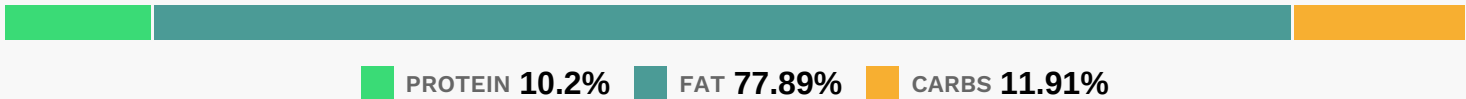
Equipment

☐ frying pan

Directions

- ☐ Melt butter with olive oil in a large skillet over medium heat; add mushrooms, salt, and pepper. Cook, stirring occasionally, 12 to 15 minutes or until tender and almost all liquid has evaporated.
- ☐ Remove from heat. Stir in bourbon or chicken broth; return to heat, and cook 2 to 3 minutes or until slightly thickened. Reduce heat to low; stir in minced garlic, chopped fresh parsley, and chopped fresh thyme. Cook 1 more minute.

Nutrition Facts



Properties

Glycemic Index:22.1, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:7.2056521876999%

Flavonoids

Apigenin: 1.75mg, Apigenin: 1.75mg, Apigenin: 1.75mg, Apigenin: 1.75mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 111.55kcal (5.58%), Fat: 10.36g (15.94%), Saturated Fat: 3.71g (23.22%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.87g (2.07%), Cholesterol: 12.44mg (4.15%), Sodium: 259.81mg (11.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin B2: 0.38mg (22.28%), Vitamin B3: 3.33mg (16.67%), Vitamin K: 16.87µg (16.06%), Copper: 0.3mg (14.94%), Vitamin B5: 1.38mg (13.77%), Selenium: 8.67µg (12.39%), Potassium: 305.02mg (8.71%), Phosphorus: 82.51mg (8.25%), Vitamin E: 0.93mg (6.2%), Vitamin B6: 0.11mg (5.45%), Vitamin C: 4.37mg (5.3%), Vitamin B1: 0.08mg (5.27%), Vitamin A: 243.06IU (4.86%), Folate: 17.16µg (4.29%), Fiber: 1.06g (4.25%), Manganese: 0.08mg (4.16%), Iron: 0.69mg (3.81%), Zinc: 0.52mg (3.45%), Magnesium: 10.23mg (2.56%), Vitamin D: 0.18µg (1.21%), Calcium: 10.51mg (1.05%)