

Burgundy Mushrooms

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10.5 ounce beef broth canned
- 16 ounce mushrooms whole drained canned
- 0.5 cup onion diced
- 0.3 cup cooking wine

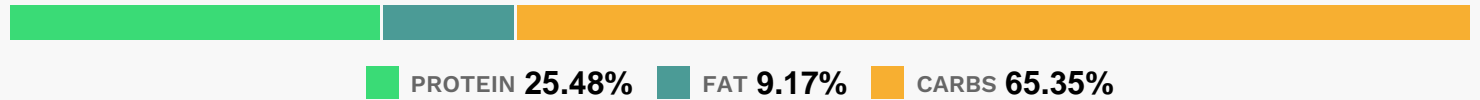
Equipment

- sauce pan

Directions

- In a small saucepan, simmer the onion for 15 minutes in beef broth.
- Add mushrooms, reserved liquid, and wine, and simmer another 15 minutes, or until liquid is reduced by half.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:5.409130493017%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 58.16kcal (2.91%), Fat: 0.51g (0.79%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 5.15g (1.87%), Sugar: 3.66g (4.07%), Cholesterol: 0mg (0%), Sodium: 760.58mg (33.07%), Alcohol: 2.08g (100%), Alcohol %: 1.16% (100%), Protein: 3.2g (6.41%), Copper: 0.28mg (13.78%), Fiber: 3.06g (12.25%), Vitamin B3: 2.44mg (12.22%), Vitamin B5: 0.97mg (9.67%), Phosphorus: 94.32mg (9.43%), Manganese: 0.16mg (7.78%), Selenium: 5.31µg (7.59%), Vitamin B1: 0.11mg (7.21%), Potassium: 235.47mg (6.73%), Iron: 1.14mg (6.32%), Zinc: 0.88mg (5.84%), Magnesium: 22.7mg (5.67%), Vitamin B6: 0.11mg (5.57%), Folate: 19.1µg (4.77%), Vitamin B2: 0.05mg (2.91%), Calcium: 23.14mg (2.31%), Vitamin C: 1.48mg (1.79%), Vitamin D: 0.23µg (1.51%)