



Cheesy Mexican Mushroom Skillet

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



276 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons vegetable oil
- 4 oz vermicelli uncooked
- 1 cup onion sliced
- 8 oz mushrooms fresh sliced (3 cups)
- 14.5 oz tomatoes diced undrained canned
- 2 medium jalapeno seeded finely chopped
- 0.5 cup water
- 2 teaspoons ground cumin

- 0.5 teaspoon salt
- 4 oz monterrey jack cheese shredded

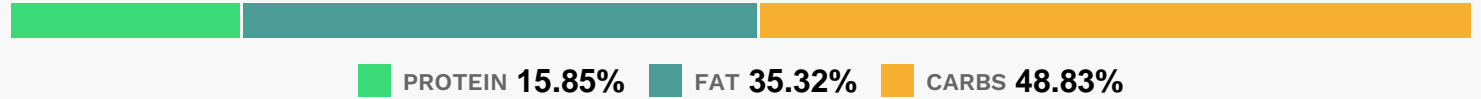
Equipment

- frying pan

Directions

- In 12-inch nonstick skillet, heat oil over high heat.
- Add vermicelli; cook about 2 minutes, stirring frequently, until golden brown.
- Reduce heat to medium. Stir in onion and mushrooms. Cook 2 minutes, stirring occasionally.
- Stir in tomatoes, chiles, water, cumin and salt. Reduce heat to medium-low; cover and cook 10 minutes, stirring occasionally.
- Remove from heat.
- Sprinkle with cheese. Cover; let stand about 2 minutes to melt cheese.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:14.81, Inflammation Score:-6, Nutrition Score:13.27521728951%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg

Nutrients (% of daily need)

Calories: 275.58kcal (13.78%), Fat: 11.05g (17%), Saturated Fat: 5.8g (36.26%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 31.35g (11.4%), Sugar: 5.72g (6.35%), Cholesterol: 25.23mg (8.41%), Sodium: 667.14mg (29.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.31%), Calcium: 270.57mg (27.06%), Vitamin C: 22.09mg (26.77%), Phosphorus: 255.94mg (25.59%), Vitamin B2: 0.42mg (24.64%), Selenium: 14.05µg (20.07%), Manganese: 0.34mg (17.13%), Copper: 0.31mg (15.74%), Vitamin B3: 3.05mg (15.25%), Potassium: 498.67mg

(14.25%), Vitamin B6: 0.28mg (14.07%), Iron: 2.45mg (13.62%), Fiber: 3.03g (12.12%), Vitamin B5: 1.12mg (11.15%), Zinc: 1.63mg (10.86%), Magnesium: 36.48mg (9.12%), Vitamin B1: 0.13mg (8.85%), Vitamin A: 427.21IU (8.54%), Folate: 33.4µg (8.35%), Vitamin E: 1.21mg (8.05%), Vitamin K: 8.3µg (7.91%), Vitamin B12: 0.26µg (4.3%), Vitamin D: 0.28µg (1.89%)