



Citrus and Soy Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 cup green onions finely chopped white part only
- ☐ 1.5 tablespoons juice of lime
- ☐ 0.3 teaspoon lime rind fresh grated

- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1 pound mushrooms whole cleaned

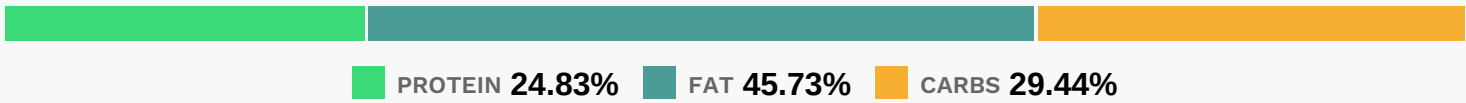
Equipment

- ☐ sauce pan
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 10 ingredients in a large zip-top plastic bag; seal tightly. Toss gently to coat mushrooms well. Refrigerate at least 2 hours or overnight, turning occasionally.
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- ☐ Preheat broiler.
- ☐ Drain mushrooms, reserving marinade. Arrange mushrooms on a broiler pan coated with cooking spray. Broil 5 minutes or until tender.
- ☐ Broil 5 minutes or until tender. While mushrooms broil, place reserved marinade in a small saucepan and bring to a boil over medium-high heat. Cook 2 minutes or until reduced to 2 tablespoons. Toss mushrooms gently with reduced marinade.
- ☐ Serve warm or at room temperature with wooden picks.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.68, Inflammation Score:-3, Nutrition Score:7.3873913080796%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg,

Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg
Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 46.91kcal (2.35%), Fat: 2.73g (4.2%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 3.95g (1.32%), Net
Carbohydrates: 2.81g (1.02%), Sugar: 1.75g (1.94%), Cholesterol: 0mg (0%), Sodium: 320.89mg (13.95%), Alcohol: 0g
(0%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin K: 32.23µg (30.7%), Vitamin B2: 0.33mg (19.44%),
Vitamin B3: 2.88mg (14.41%), Copper: 0.26mg (12.78%), Vitamin B5: 1.18mg (11.82%), Selenium: 7.99µg (11.42%),
Potassium: 298.91mg (8.54%), Phosphorus: 84.5mg (8.45%), Vitamin C: 5.38mg (6.52%), Manganese: 0.11mg
(5.74%), Folate: 21.66µg (5.41%), Vitamin B6: 0.1mg (5.1%), Vitamin B1: 0.07mg (4.95%), Fiber: 1.14g (4.55%), Iron:
0.71mg (3.93%), Magnesium: 15.68mg (3.92%), Zinc: 0.51mg (3.41%), Vitamin A: 158.49IU (3.17%), Vitamin E: 0.43mg
(2.86%), Calcium: 12.85mg (1.28%), Vitamin D: 0.15µg (1.01%)