



Citrus-Marinated Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

Ingredients

- 0.8 teaspoon pepper red crushed
- 1 teaspoon sesame oil dark
- 2 teaspoons olive oil extravirgin
- 2 tablespoons parsley fresh chopped
- 4 garlic clove thinly sliced
- 2 tablespoons juice of lime fresh
- 0.5 teaspoon lime zest grated
- 1 tablespoon soy sauce low-sodium

- 1 pound mushrooms halved
- 1 teaspoon orange zest grated
- 0.3 cup rice vinegar
- 0.3 teaspoon salt
- 2 tablespoons sugar

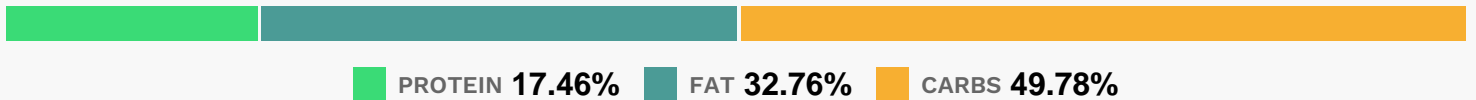
Equipment

- bowl
- sauce pan

Directions

- Combine first 7 ingredients in a small saucepan. Bring to a boil; cook 1 minute or until sugar dissolves.
- Remove from heat; stir in orange rind, oils, and lime rind.
- Combine vinegar mixture and mushrooms in a large bowl; toss well to combine. Cover; refrigerate overnight.
- Add parsley; toss to combine.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:3.54, Inflammation Score:-3, Nutrition Score:6.6913043156914%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 58.93kcal (2.95%), Fat: 2.34g (3.6%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 6.99g (2.54%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 202.25mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.61%), Vitamin K: 23.09µg (21.99%), Vitamin B2: 0.32mg (18.71%), Vitamin B3: 2.83mg (14.15%), Copper: 0.25mg (12.75%), Vitamin B5: 1.17mg (11.68%), Selenium: 7.47µg (10.67%), Potassium: 277.12mg (7.92%), Phosphorus: 75.25mg (7.52%), Vitamin C: 5.99mg (7.26%), Vitamin B6: 0.12mg (5.83%), Manganese: 0.09mg (4.69%), Vitamin B1: 0.07mg (4.65%), Folate: 16.8µg (4.2%), Fiber: 1.01g (4.03%), Vitamin A: 190.61IU (3.81%), Iron: 0.6mg (3.31%), Zinc: 0.47mg (3.13%), Magnesium: 10.78mg (2.69%), Vitamin E: 0.34mg (2.26%), Calcium: 11.4mg (1.14%), Vitamin D: 0.15µg (1.01%)