



WHATSheATE

Cook Everything

Cook the Book: Quick Marinated Mushrooms



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 juice of lemon
- ☐ 0.3 pound parmesan chunk
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 pound mushrooms white trimmed cut into chunks

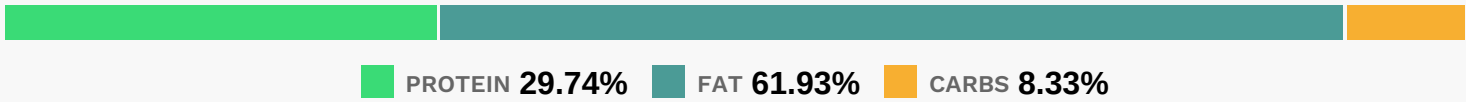
Equipment

- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Gently toss the mushrooms with the lemon juice, olive oil, and some salt and pepper. Taste and adjust the seasonings.
- ☐ Break the Parmesan into small chunks. Use a toothpick to skewer a mushroom and a piece of cheese, repeating until all the mushrooms and cheese are used up.
- ☐ Serve immediately or refrigerate for up to an hour.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:8.0582609280296%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 156.44kcal (7.82%), Fat: 11.04g (16.98%), Saturated Fat: 5.17g (32.3%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 2.73g (0.99%), Sugar: 1.54g (1.71%), Cholesterol: 19.28mg (6.43%), Sodium: 457.16mg (19.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.85%), Calcium: 338.29mg (33.83%), Phosphorus: 246.26mg (24.63%), Vitamin B2: 0.32mg (19.02%), Selenium: 11.66µg (16.66%), Vitamin B3: 2.13mg (10.66%), Vitamin B5: 0.99mg (9.88%), Copper: 0.19mg (9.6%), Zinc: 1.08mg (7.2%), Potassium: 215.47mg (6.16%), Vitamin B12: 0.36µg (6.05%), Vitamin C: 4.09mg (4.96%), Magnesium: 18.2mg (4.55%), Vitamin A: 222.41IU (4.45%), Vitamin B6: 0.09mg (4.43%), Vitamin B1: 0.06mg (3.93%), Vitamin E: 0.58mg (3.9%), Folate: 13.14µg (3.29%), Iron: 0.55mg (3.06%), Vitamin K: 2.75µg (2.62%), Fiber: 0.61g (2.46%), Manganese: 0.05mg (2.3%), Vitamin D: 0.26µg (1.7%)