



Crock-Pot® Mushrooms



Vegetarian



Gluten Free



Popular

READY IN



185 min.

SERVINGS



4

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 pound mushrooms
- ☐ 1 ounce ranch salad dressing mix

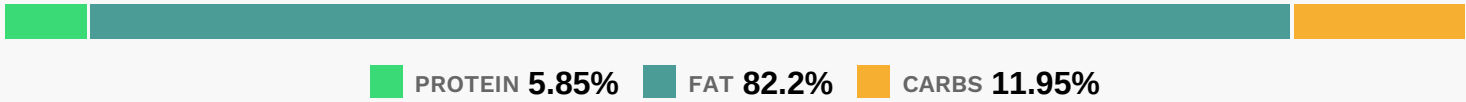
Equipment

- ☐ slow cooker

Directions

- ☐
- Put mushrooms, butter, and ranch salad dressing mix in a slow cooker.
- ☐
- Cook on Low for 3–4 hours.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:7.8913044566694%

Nutrients (% of daily need)

Calories: 248.1kcal (12.4%), Fat: 23.4g (36%), Saturated Fat: 14.64g (91.51%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.52g (2.37%), Sugar: 2.26g (2.51%), Cholesterol: 61.01mg (20.34%), Sodium: 719.67mg (31.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Vitamin B2: 0.47mg (27.38%), Vitamin B3: 4.11mg (20.53%), Copper: 0.36mg (18.03%), Vitamin B5: 1.73mg (17.29%), Selenium: 10.83µg (15.47%), Vitamin A: 709.09IU (14.18%), Potassium: 367.42mg (10.5%), Phosphorus: 104.33mg (10.43%), Vitamin B1: 0.09mg (6.22%), Vitamin B6: 0.12mg (5.94%), Folate: 20.13µg (5.03%), Fiber: 1.13g (4.54%), Vitamin E: 0.67mg (4.46%), Zinc: 0.62mg (4.1%), Iron: 0.57mg (3.18%), Vitamin C: 2.38mg (2.89%), Magnesium: 10.77mg (2.69%), Manganese: 0.05mg (2.66%), Vitamin K: 1.99µg (1.89%), Vitamin B12: 0.09µg (1.56%), Vitamin D: 0.23µg (1.51%), Calcium: 10.21mg (1.02%)