



Devilled mushrooms



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp coarse mustard
- ☐ 2 tbsp olive oil
- ☐ 2 tbsp worcestershire sauce
- ☐ 2 garlic clove crushed
- ☐ 8 large mushrooms
- ☐ 1 tsp paprika
- ☐ 140 g the salad mixed with ruby chard and watercress
- ☐ 1 stick top french

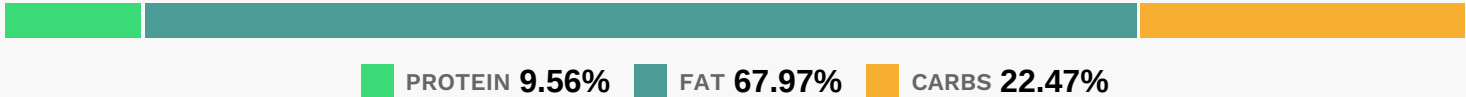
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 200C/Gas 6/fan oven 180C. In a large bowl, mix together the mustard, oil, Worcestershire sauce and garlic, then season with salt and freshly ground black pepper.
- ☐ Add the mushrooms to the mixture and toss well to coat them evenly. (You can do this ahead and let them marinate while you prepare the rest of the meal.)
- ☐ Place them stalk-side up in a roasting tin and sprinkle over the paprika.
- ☐ Bake for 8-10 minutes.
- ☐ Divide the salad leaves between four serving plates. Put two mushrooms on each plate and spoon over the juices.
- ☐ Serve straight away, with French or crusty bread.

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:6.5530435287434%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 93.26kcal (4.66%), Fat: 7.52g (11.57%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 4.57g (1.66%), Sugar: 1.95g (2.17%), Cholesterol: 0mg (0%), Sodium: 206.69mg (8.99%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin A: 692.99IU (13.86%), Vitamin B2: 0.23mg (13.42%), Vitamin C: 10.69mg (12.96%), Selenium: 7.33µg (10.47%), Vitamin B3: 2.04mg (10.18%), Copper: 0.2mg (9.76%), Potassium: 305.22mg (8.72%), Vitamin E: 1.21mg (8.1%), Vitamin B5: 0.78mg (7.77%), Phosphorus: 70.77mg (7.08%), Manganese: 0.14mg (6.99%), Iron: 1.22mg (6.76%), Folate: 22.61µg (5.65%), Vitamin B6: 0.11mg (5.61%), Vitamin B1:

0.07mg (4.97%), Vitamin K: 4.9µg (4.67%), Fiber: 1.02g (4.08%), Magnesium: 14.17mg (3.54%), Zinc: 0.42mg (2.81%), Calcium: 23.98mg (2.4%)