



Duxelles of Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



22 kcal

SIDE DISH

Ingredients

- 8 ounce button mushrooms
- 0.1 teaspoon nutmeg
- 0.5 cup onion minced
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 2 teaspoons shallots minced

Equipment

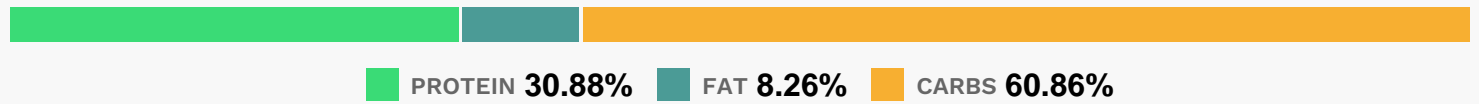
- food processor

- bowl
- frying pan

Directions

- Place the mushrooms in a food processor, and process until finely chopped, scraping down the sides of processor bowl occasionally.
- Place mushrooms and onion in a nonstick skillet coated with cooking spray over medium-high heat; cook 3 minutes or until onion is tender.
- Add shallots, salt, pepper, and nutmeg. Cook 2 minutes; stir constantly.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:0.88, Inflammation Score:-2, Nutrition Score:3.9995652033907%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 21.68kcal (1.08%), Fat: 0.24g (0.37%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 2.99g (1.09%), Sugar: 2.07g (2.3%), Cholesterol: 0mg (0%), Sodium: 294.46mg (12.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Vitamin B2: 0.23mg (13.75%), Vitamin B3: 2.07mg (10.37%), Copper: 0.19mg (9.53%), Vitamin B5: 0.88mg (8.77%), Selenium: 5.39µg (7.7%), Potassium: 213.95mg (6.11%), Phosphorus: 55.39mg (5.54%), Vitamin B6: 0.09mg (4.33%), Fiber: 0.97g (3.87%), Vitamin B1: 0.06mg (3.73%), Folate: 13.84µg (3.46%), Vitamin C: 2.75mg (3.34%), Manganese: 0.07mg (3.3%), Zinc: 0.34mg (2.24%), Iron: 0.35mg (1.93%), Magnesium: 7.54mg (1.89%)