


**69%**
HEALTH SCORE

Foil-Pack Mushrooms

 Vegetarian Vegan Gluten Free Dairy Free Very Healthy

READY IN

**35 min.**

SERVINGS

**4**

CALORIES

**183 kcal**

SIDE DISH

Ingredients

- 24 crimini mushrooms fresh
- 4 green onions chopped
- 0.3 cup olive oil
- 2 tablespoons pinenuts
- 4 servings salt and pepper black freshly ground to taste

Equipment

- grill
- aluminum foil

Directions

- Preheat the grill for high heat. Lightly grease 4 large sheets of heavy duty aluminum foil.
- Stuff each mushroom with equal amounts of green onions and pine nuts.
- Place 6 mushrooms on each piece of aluminum foil.
- Drizzle with olive oil, and season with salt and pepper. Seal the foil around the mushrooms, forming 4 packets.
- Place the foil packets on the preheated grill, and cook 20 minutes, until mushrooms are tender.

Nutrition Facts

PROTEIN 7.98% **FAT 78.25%** **CARBS 13.77%**

Properties

Glycemic Index:16, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:14.806521770747%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 183.48kcal (9.17%), Fat: 17.07g (26.26%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 5.52g (2.01%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 9.51mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.83%), Selenium: 31.31µg (44.73%), Vitamin B2: 0.61mg (35.83%), Vitamin K: 35.83µg (34.12%), Copper: 0.68mg (33.86%), Manganese: 0.64mg (32.12%), Vitamin B3: 4.84mg (24.22%), Vitamin B5: 1.83mg (18.26%), Phosphorus: 177.35mg (17.73%), Potassium: 602.03mg (17.2%), Vitamin E: 2.49mg (16.6%), Zinc: 1.69mg (11.27%), Folate: 39.4µg (9.85%), Vitamin B1: 0.14mg (9.26%), Vitamin B6: 0.14mg (7.22%), Magnesium: 25.92mg (6.48%), Iron: 1.02mg (5.66%), Fiber: 1.24g (4.97%), Calcium: 31.62mg (3.16%), Vitamin C: 2.3mg (2.78%), Vitamin A: 121.64IU (2.43%), Vitamin B12: 0.12µg (2%)