



Funghetti Trifolati



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons olive oil extra virgin
- 2 cloves garlic minced
- 1 pound mushrooms mixed such as cremini
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- 6 servings bell pepper
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- 6 servings salt
- 1 cup wine dry white

4 sprigs frangelico fresh italian chopped

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Equipment

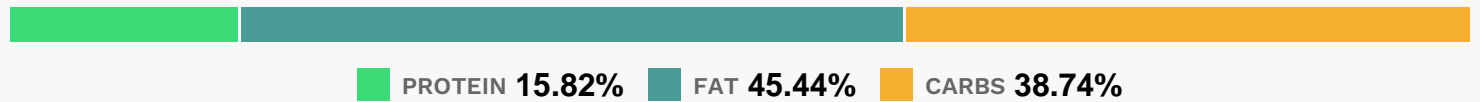
frying pan

Directions

First, in a large skillet let the oil get hot. Then add the garlic saute until it takes on a golden color, without burning it. When the garlic is ready, add the mushrooms and let them release their juice and reduce for 5 to 10 minutes. At first the mushrooms look big, but they will shrink a lot. Don't worry if it appears to be a lot at first. When the mushroom has released all the liquid and it is reduced a bit, add the white wine and let it reduce for another 5 minutes , until the juice reaches a nice consistency.

Add salt and pepper to taste. Before serving, sprinkle the parsley on top.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:3.22, Inflammation Score:-9, Nutrition Score:24.076086956522%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Taste

Sweetness: 33.94%, Saltiness: 100%, Sourness: 35.89%, Bitterness: 40.01%, Savoriness: 81.9%, Fattiness: 66.06%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 168.17kcal (8.41%), Fat: 7.97g (12.26%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 10.62g (3.86%), Sugar: 9.65g (10.72%), Cholesterol: 0mg (0%), Sodium: 209.62mg (9.11%), Alcohol: 4.12g (22.89%), Protein: 6.24g (12.48%), Vitamin C: 194.21mg (235.4%), Vitamin A: 4665.28IU (93.31%), Vitamin B2: 0.74mg (43.62%), Vitamin B3: 6.97mg (34.84%), Vitamin B6: 0.62mg (31.16%), Vitamin B5: 2.76mg (27.6%), Copper: 0.51mg (25.54%), Folate: 94.67µg (23.67%), Potassium: 827.72mg (23.65%), Vitamin E: 3.38mg (22.52%), Selenium: 14.39µg (20.56%), Fiber: 4.66g (18.65%), Phosphorus: 177.5mg (17.75%), Manganese: 0.3mg (15.1%), Vitamin B1: 0.21mg (13.8%), Vitamin K: 11.69µg (11.14%), Magnesium: 35.74mg (8.94%), Iron: 1.56mg (8.68%), Zinc: 1.22mg (8.13%), Calcium: 20.57mg (2.06%), Vitamin D: 0.3µg (2.02%), Vitamin B12: 0.06µg (1.01%)