



Garlic-Sizzled Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup no-salt-added beef broth
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 10 garlic cloves chopped
- ☐ 1 pound mushrooms quartered
- ☐ 1 teaspoon olive oil
- ☐ 1 Dash pepper black
- ☐ 0.1 teaspoon salt

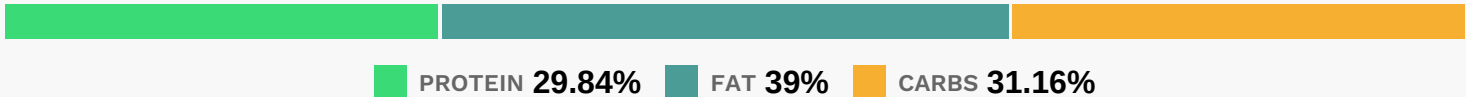
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add the mushrooms, crushed red pepper, salt, and garlic to skillet, and saut for 3 minutes. Reduce heat to medium.
- ☐ Add broth and black pepper, and cook 5 minutes.
- ☐ Remove from heat, and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.54, Inflammation Score:-4, Nutrition Score:11.0999999946097%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 74.07kcal (3.7%), Fat: 3.56g (5.48%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 5g (1.82%), Sugar: 2.35g (2.61%), Cholesterol: 7.63mg (2.54%), Sodium: 254.71mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.27%), Vitamin K: 33.7µg (32.1%), Vitamin B2: 0.49mg (28.79%), Vitamin B3: 4.7mg (23.52%), Selenium: 14.32µg (20.46%), Copper: 0.4mg (20.16%), Vitamin B5: 1.83mg (18.32%), Vitamin C: 11.2mg (13.57%), Vitamin B6: 0.26mg (12.82%), Potassium: 446.51mg (12.76%), Phosphorus: 127.1mg (12.71%), Manganese: 0.19mg (9.51%), Vitamin B1: 0.12mg (7.67%), Zinc: 1.11mg (7.38%), Iron: 1.09mg (6.04%), Folate: 23.29µg (5.82%), Fiber: 1.41g (5.63%), Vitamin B12: 0.3µg (4.95%), Vitamin A: 206.35IU (4.13%), Magnesium: 15.29mg (3.82%), Calcium: 21.3mg (2.13%), Vitamin D: 0.23µg (1.51%), Vitamin E: 0.22mg (1.5%)