



Garlicky Sautéed Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 6 servings sea salt
- ☐ 2 teaspoons garlic minced
- ☐ 1 pound mushrooms wild
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon parsley chopped
- ☐ 0.3 teaspoon salt

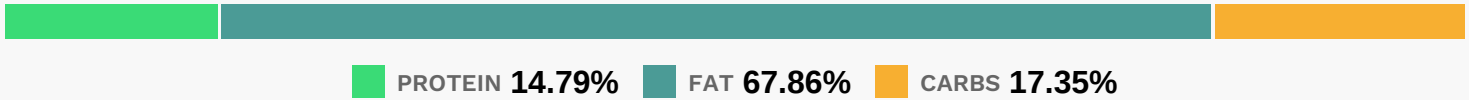
Equipment

- ☐ frying pan

Directions

- ☐ Trim stems off cleaned mushrooms and cut caps into bite-size pieces. Very small mushrooms can be left whole.
- ☐ Set a 10- to 12-in. frying pan over high heat. When hot, add olive oil, swirl to coat bottom, and add mushrooms.
- ☐ Sprinkle with salt and cook over high heat, stirring, until mushrooms stop giving off liquid and start to brown.
- ☐ Add garlic and cook, stirring, 2 to 3 minutes.
- ☐ Remove from heat; stir in parsley.
- ☐ Serve on a platter and season with sea salt.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.65, Inflammation Score:-1, Nutrition Score:5.6065217308376%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 59.62kcal (2.98%), Fat: 4.93g (7.59%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.04g (0.74%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 295.1mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin B2: 0.31mg (17.98%), Vitamin B3: 2.74mg (13.72%), Vitamin K: 13.76µg (13.1%), Copper: 0.24mg (12.23%), Vitamin B5: 1.14mg (11.4%), Selenium: 7.17µg (10.25%), Potassium: 248.21mg (7.09%), Phosphorus: 66.93mg (6.69%), Vitamin B6: 0.09mg (4.58%), Vitamin E: 0.69mg (4.57%), Vitamin B1: 0.06mg (4.25%), Folate: 13.9µg (3.47%), Vitamin C: 2.79mg (3.38%), Fiber: 0.8g (3.2%), Zinc: 0.41mg (2.75%), Manganese: 0.05mg (2.7%), Iron: 0.46mg (2.58%), Magnesium: 7.39mg (1.85%), Vitamin A: 56.25IU (1.13%), Vitamin D: 0.15µg (1.01%)