



Grilled Garlic Mushrooms and Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



16 kcal

SIDE DISH

Ingredients

- 6 oz crimini mushrooms quartered
- 1 cloves garlic finely chopped
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 0.5 cup cherry tomatoes halved
- 1 tablespoon parsley fresh chopped

Equipment

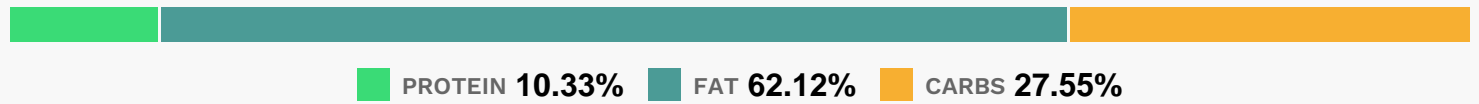
- bowl

- grill
- wok

Directions

- Heat gas or charcoal grill. In medium bowl, mix mushrooms, garlic, oil and vinegar.
- Place mushroom mixture in grill basket (grill "wok").
- Place basket on grill over medium heat. Cook 5 to 7 minutes, shaking basket or stirring once or twice, until mushrooms are tender.
- Add tomatoes; cook and stir 1 minute longer or until tomatoes are hot.
- Pour into serving bowl.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.860434771232%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 16.22kcal (0.81%), Fat: 1.19g (1.83%), Saturated Fat: 0.16g (1.03%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.6g (0.67%), Cholesterol: 0mg (0%), Sodium: 2.09mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.89%), Vitamin K: 6.35µg (6.04%), Selenium: 3.75µg (5.36%), Vitamin B2: 0.07mg (4.2%), Copper: 0.08mg (3.86%), Vitamin B3: 0.58mg (2.89%), Vitamin C: 1.94mg (2.35%), Potassium: 81.39mg (2.33%), Vitamin B5: 0.22mg (2.23%), Phosphorus: 19.58mg (1.96%), Manganese: 0.03mg (1.66%), Vitamin E: 0.21mg (1.38%), Folate: 4.86µg (1.22%), Vitamin B6: 0.02mg (1.19%), Vitamin A: 58.46IU (1.17%), Zinc: 0.17mg (1.15%), Vitamin B1: 0.02mg (1.1%)