



## Grilled Mushroom Kabobs

 Gluten Free  Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 large mushrooms fresh
- 0.5 teaspoon garlic powder
- 3 tablespoons soya sauce low-sodium
- 2 tablespoons butter melted reduced-calorie

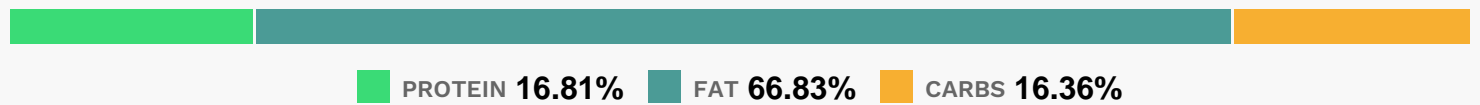
### Equipment

- grill
- metal skewers

## Directions

- Thread mushrooms on 4 (8-inch) metal skewers; set aside.
- Combine soy sauce, margarine, and garlic powder.
- Brush half of soy sauce mixture on mushrooms.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place kabobs on rack; grill, covered, 4 to 5 minutes or until mushrooms are tender, turning and basting occasionally with remaining soy sauce mixture.

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:0.51, Inflammation Score:-3, Nutrition Score:5.2399999965792%

## Nutrients (% of daily need)

Calories: 73.59kcal (3.68%), Fat: 5.91g (9.09%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.44g (1.59%), Cholesterol: 0mg (0%), Sodium: 501.68mg (21.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Vitamin B2: 0.31mg (18.19%), Vitamin B3: 2.63mg (13.16%), Copper: 0.23mg (11.36%), Vitamin B5: 1.08mg (10.8%), Selenium: 6.57µg (9.38%), Phosphorus: 82.42mg (8.24%), Potassium: 269.07mg (7.69%), Vitamin A: 250.39IU (5.01%), Vitamin B6: 0.1mg (4.89%), Manganese: 0.09mg (4.35%), Folate: 17.26µg (4.31%), Vitamin B1: 0.06mg (4.2%), Magnesium: 14.99mg (3.75%), Fiber: 0.81g (3.23%), Zinc: 0.46mg (3.1%), Iron: 0.53mg (2.93%), Vitamin E: 0.28mg (1.84%), Vitamin C: 1.47mg (1.78%)