

Madi's Mushrooms

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons basil pesto
- ☐ 6 ounces mushrooms fresh chopped
- ☐ 2 teaspoons thai seasoning

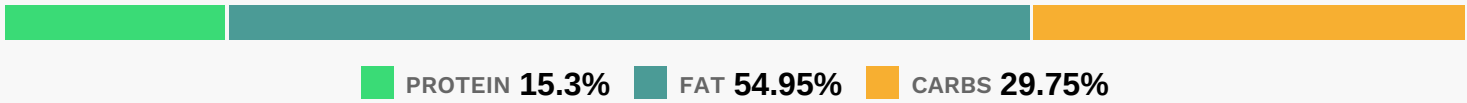
Equipment

- ☐ frying pan

Directions

In a skillet over medium heat, stir together mushrooms, pesto, and Thai seasonings. Cook until the mushrooms are soft, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:4.8004347591296%

Nutrients (% of daily need)

Calories: 44.91kcal (2.25%), Fat: 3.03g (4.65%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.18g (1.31%), Cholesterol: 0.6mg (0.2%), Sodium: 72.87mg (3.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin K: 15.32µg (14.59%), Vitamin B2: 0.18mg (10.82%), Vitamin B3: 1.65mg (8.25%), Copper: 0.15mg (7.54%), Manganese: 0.14mg (7.15%), Vitamin B5: 0.66mg (6.59%), Iron: 1.16mg (6.46%), Fiber: 1.59g (6.37%), Selenium: 4.07µg (5.81%), Calcium: 52.71mg (5.27%), Potassium: 166.28mg (4.75%), Phosphorus: 40.22mg (4.02%), Vitamin A: 193.12IU (3.86%), Vitamin B6: 0.07mg (3.5%), Folate: 13.07µg (3.27%), Vitamin E: 0.45mg (3.03%), Magnesium: 10.48mg (2.62%), Vitamin B1: 0.04mg (2.59%), Zinc: 0.29mg (1.92%), Vitamin C: 0.95mg (1.15%)