



Marinated Morels



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons cooking sherry dry
- ☐ 2.5 cups common mushrooms fresh
- ☐ 1 tablespoon olive oil
- ☐ 6 servings bell pepper
- ☐ 6 servings salt
- ☐ 0.3 cup shallots thinly sliced

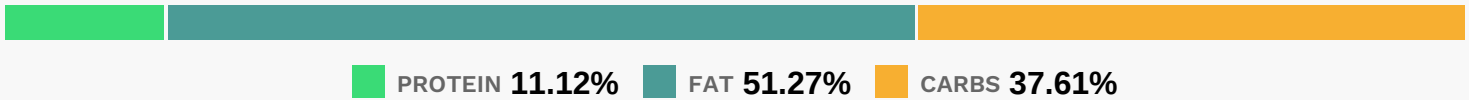
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Add olive oil and butter to a 10- to 12-inch frying pan over medium-high heat.
- ☐ Add shallots and stir often until limp, about 2 minutes.
- ☐ Add rinsed and drained fresh morel or sliced common mushrooms (halve smaller morels; quarter larger ones); stir just until they begin to release their juices, 1 to 2 minutes.
- ☐ Add dry sherry and stir often until evaporated.
- ☐ Add salt and pepper to taste.
- ☐ Pour mushrooms into a small bowl and stir in 1 tablespoon white truffle oil (optional).
- ☐ Let stand for at least 1 hour or cover and chill up to 1 day.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:12.365217508181%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 76.72kcal (3.84%), Fat: 4.59g (7.07%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 5.3g (1.93%), Sugar: 4.75g (5.27%), Cholesterol: 5.02mg (1.67%), Sodium: 215.25mg (9.36%), Alcohol: 0.51g (100%), Alcohol %: 0.49% (100%), Protein: 2.24g (4.49%), Vitamin C: 96.99mg (117.56%), Vitamin A: 2391.3IU (47.83%), Vitamin B6: 0.29mg (14.75%), Vitamin B2: 0.23mg (13.39%), Folate: 44.54µg (11.14%), Vitamin B3: 2.2mg (11%), Vitamin E: 1.58mg (10.5%), Potassium: 321.49mg (9.19%), Fiber: 2.28g (9.12%), Vitamin B5: 0.87mg (8.68%), Copper: 0.15mg (7.44%), Manganese: 0.14mg (6.87%), Phosphorus: 61.14mg (6.11%), Selenium: 3.94µg (5.63%), Vitamin B1: 0.08mg (5.26%), Vitamin K: 5.32µg (5.06%), Magnesium: 15.16mg (3.79%), Iron: 0.67mg (3.71%),

Zinc: 0.44mg (2.95%), Calcium: 11.22mg (1.12%)