



Marinated Mushroom and Artichoke Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



6

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke quarters drained canned
- 2 tablespoons basil fresh chopped
- 1 tablespoon juice of lemon fresh
- 8 ounce mushrooms whole
- 3 tablespoons olive oil vinaigrette light (such as Ken's Steak House)
- 0.3 teaspoon pepper
- 0.3 small onion red vertically sliced
- 0.1 teaspoon salt

Equipment

bowl

Directions

- Cook mushrooms in boiling water 2 minutes.
- Drain and plunge into ice water; drain.
- Place mushrooms in a bowl.
- Add remaining 7 ingredients, tossing to coat. Cover and chill 8 hours.

Nutrition Facts



PROTEIN 7.92% **FAT 72.12%** **CARBS 19.96%**

Properties

Glycemic Index:26.83, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:3.3673913025338%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 88.21kcal (4.41%), Fat: 7.15g (10.99%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 2.94g (1.07%), Sugar: 1.52g (1.69%), Cholesterol: 0mg (0%), Sodium: 294.97mg (12.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.53%), Vitamin B2: 0.15mg (9.07%), Vitamin B3: 1.38mg (6.9%), Vitamin E: 1.02mg (6.82%), Vitamin K: 7.14µg (6.8%), Copper: 0.13mg (6.31%), Fiber: 1.51g (6.06%), Vitamin B5: 0.58mg (5.77%), Selenium: 3.55µg (5.07%), Potassium: 132.62mg (3.79%), Phosphorus: 34.54mg (3.45%), Vitamin C: 2.22mg (2.69%), Vitamin B6: 0.05mg (2.36%), Vitamin B1: 0.03mg (2.24%), Manganese: 0.04mg (2.12%), Folate: 8.26µg (2.07%), Iron: 0.27mg (1.5%), Zinc: 0.21mg (1.41%), Magnesium: 4.58mg (1.15%)