



Marinated Mushrooms

 Gluten Free

READY IN



735 min.

SERVINGS



12

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cubes beef bouillon from cube
- 0.5 cup butter as needed
- 4 cubes chicken bouillon
- 1 teaspoon dill weed
- 1 cup cooking wine dry red
- 4 pounds mushrooms fresh
- 1 teaspoon garlic powder
- 2 cups water boiling

1 teaspoon worcestershire sauce

Equipment

bowl

slow cooker

Directions

Dissolve chicken and beef bouillon cubes in boiling water in a bowl; stir well.

Add red wine, dill, Worcestershire sauce, and garlic powder; stir to combine.

Arrange mushrooms in the bottom of a slow cooker.

Pour broth mixture over mushrooms; top with butter.

Cook on Low for 12 hours.

Nutrition Facts



PROTEIN 16.64% **FAT 63.57%** **CARBS 19.79%**

Properties

Glycemic Index:8.5, Glycemic Load:1.1, Inflammation Score:-3, Nutrition Score:9.5513043455456%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 119kcal (5.95%), Fat: 8.19g (12.6%), Saturated Fat: 4.94g (30.87%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 4.2g (1.53%), Sugar: 3.06g (3.4%), Cholesterol: 20.34mg (6.78%), Sodium: 83.3mg (3.62%), Alcohol: 2.1g (100%), Alcohol %: 1.2% (100%), Protein: 4.82g (9.65%), Vitamin B2: 0.61mg (36.02%), Vitamin B3: 5.48mg (27.39%), Copper: 0.49mg (24.47%), Vitamin B5: 2.28mg (22.76%), Selenium: 14.23µg (20.33%), Potassium: 490.86mg (14.02%), Phosphorus: 133.82mg (13.38%), Vitamin B1: 0.12mg (8.29%), Vitamin B6: 0.16mg (8.09%), Folate: 26.19µg (6.55%), Fiber: 1.53g (6.14%), Zinc: 0.81mg (5.38%), Vitamin A: 237.4IU (4.75%), Iron: 0.8mg (4.45%),

Vitamin C: 3.25mg (3.94%), Manganese: 0.07mg (3.69%), Magnesium: 14.49mg (3.62%), Vitamin D: 0.3µg (2.02%),
Vitamin E: 0.24mg (1.58%), Vitamin B12: 0.08µg (1.29%)