

health-score 96%

HEALTH SCORE

Marinated Mushrooms

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

25 min.

SERVINGS

servings

3

CALORIES

calories

138 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 2 pounds button mushrooms cleaned quartered
- ☐ 1 small bunch thyme leaves fresh
- ☐ 3 garlic cloves sliced
- ☐ 3 servings kosher salt and pepper black freshly ground
- ☐ 2 lemon zest juiced
- ☐ 0.5 cup olive oil extra-virgin

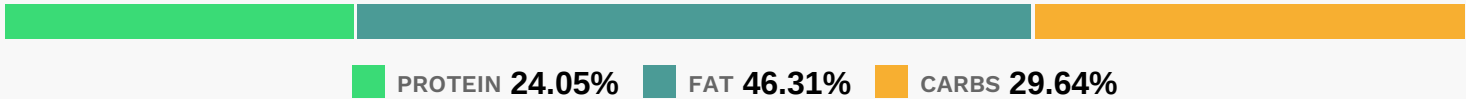
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Add 1/4 cup olive oil to a large skillet over medium heat.
- ☐ Add the mushrooms and cook them for about 3 minutes.
- ☐ Remove from the heat and stir in the lemon zest and juice, garlic, thyme, and bay leaves.
- ☐ Pour over the remaining olive oil and season the mixture with salt and pepper.
- ☐ Pour into a bowl and allow to cool.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:2.54, Inflammation Score:-8, Nutrition Score:20.060869719671%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 138.33kcal (6.92%), Fat: 8.29g (12.75%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 8.19g (2.98%), Sugar: 6.18g (6.87%), Cholesterol: 0mg (0%), Sodium: 16.17mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.37%), Vitamin B2: 1.23mg (72.29%), Vitamin B3: 10.98mg (54.9%), Copper: 0.98mg (49.16%), Vitamin B5: 4.56mg (45.64%), Selenium: 28.58µg (40.83%), Potassium: 989.92mg (28.28%), Phosphorus: 266.78mg (26.68%), Vitamin B6: 0.36mg (18.23%), Vitamin C: 14.61mg (17.71%), Vitamin B1: 0.25mg (16.94%), Fiber: 3.74g (14.96%), Folate: 52.75µg (13.19%), Manganese: 0.23mg (11.67%), Zinc: 1.64mg (10.97%), Iron: 1.91mg (10.59%), Magnesium: 30.95mg (7.74%), Vitamin E: 1.08mg (7.2%), Vitamin K: 4.55µg (4.33%), Vitamin D: 0.6µg (4.03%), Calcium: 26.33mg (2.63%), Vitamin B12: 0.12µg (2.02%), Vitamin A: 70.29IU (1.41%)