



Marinated Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1480 min.

SERVINGS



6

CALORIES



161 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 2 tablespoons tarragon fresh finely chopped
- 6 garlic clove peeled smashed
- 2 teaspoons kosher salt
- 0.3 cup juice of lemon freshly squeezed (from 2 medium lemons)
- 2 cups olive oil
- 6 tablespoons parsley fresh italian finely chopped
- 1 pound mushrooms white cleaned trimmed

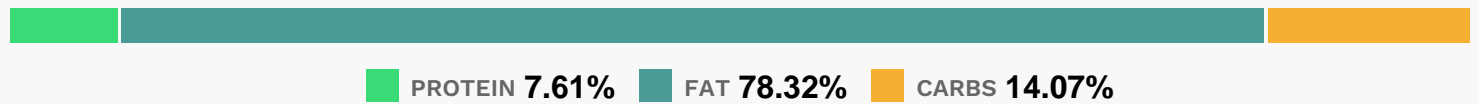
Equipment

- frying pan

Directions

- Heat oil and garlic in a large frying pan over medium heat until warmed and fragrant, about 4 minutes.
- Remove the pan from heat, add mushrooms, stir to coat, and let cool to room temperature.
- Add remaining ingredients and stir to coat.
- Transfer mushrooms to an airtight container and place in the refrigerator to marinate for at least 24 hours and up to 1 week.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:1.61, Inflammation Score:-5, Nutrition Score:11.648261122082%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 160.54kcal (8.03%), Fat: 14.92g (22.95%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 4.78g (1.74%), Sugar: 1.9g (2.12%), Cholesterol: 0mg (0%), Sodium: 783.63mg (34.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin K: 74.87µg (71.3%), Vitamin B2: 0.34mg (20.29%), Vitamin C: 14.26mg (17.28%), Manganese: 0.32mg (16.21%), Vitamin B3: 3.03mg (15.14%), Vitamin E: 2.14mg (14.25%), Copper: 0.28mg (13.92%), Vitamin B5: 1.19mg (11.88%), Selenium: 7.6µg (10.85%), Potassium: 363.76mg (10.39%), Vitamin B6: 0.18mg (9.14%), Vitamin A: 437.87IU (8.76%), Iron: 1.56mg (8.67%), Phosphorus: 80.84mg (8.08%), Folate: 28.18µg (7.05%), Vitamin B1: 0.08mg (5.34%), Fiber: 1.25g (4.99%), Magnesium: 19.05mg (4.76%), Calcium: 42.71mg (4.27%), Zinc: 0.57mg (3.83%), Vitamin D: 0.15µg (1.01%)