



## Marinated Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 bay leaf
- ☐ 8 ounce crimini mushrooms
- ☐ 2 garlic cloves halved
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 teaspoon cracked pepper
- ☐ 1 rosemary sprig
- ☐ 0.3 teaspoon salt

☐ 0.3 cup tequila

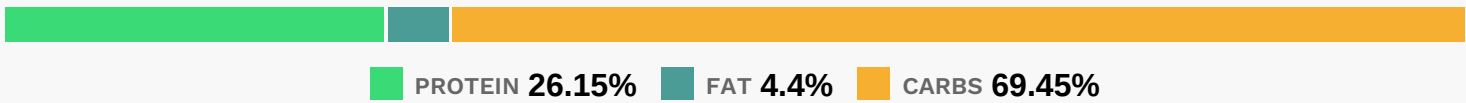
## Equipment

☐ bowl

## Directions

☐ Combine all ingredients in a bowl, and stir well. Cover and marinate mushrooms in refrigerator 8 hours. Discard garlic, bay leaf, and rosemary before serving.

## Nutrition Facts



## Properties

Glycemic Index:25.33, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:3.8178260935389%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 35.89kcal (1.79%), Fat: 0.08g (0.12%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 2.48g (0.9%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 99.6mg (4.33%), Alcohol: 3.34g (100%), Alcohol %: 7.11% (100%), Protein: 1.07g (2.14%), Selenium: 9.99µg (14.28%), Vitamin B2: 0.19mg (11.12%), Copper: 0.2mg (9.93%), Vitamin B3: 1.46mg (7.3%), Vitamin B5: 0.59mg (5.89%), Potassium: 187.56mg (5.36%), Vitamin C: 4.27mg (5.17%), Manganese: 0.1mg (5.04%), Phosphorus: 48.52mg (4.85%), Vitamin B6: 0.06mg (3.03%), Folate: 11.82µg (2.96%), Zinc: 0.44mg (2.95%), Vitamin B1: 0.04mg (2.76%), Fiber: 0.37g (1.47%), Iron: 0.24mg (1.33%), Magnesium: 4.83mg (1.21%), Calcium: 11.71mg (1.17%)