

SIDE DISH

Marinated Mushrooms II

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
27 min	15 min	12 min	4	\$1.16	214 kcal



Marinated Mushrooms II could be just the gluten free, dairy free, lacto ovo vegetarian, and vegan recipe you've been looking for. This side dish has 250 calories, 8g of protein, and 19g of fat per serving. This recipe serves 4 and costs \$1.16 per serving.

Ingredients

☐ 1 tablespoon brown sugar	☐ 1 pound fresh button mushrooms
☐ 2 tablespoons dried parsley	☐ 2 cloves garlic, peeled and crushed
☐ 1 teaspoon ground dry mustard	☐ 1/3 cup olive oil
☐ 1 small onion, thinly sliced	☐ 1/3 cup red wine vinegar
☐ 1 teaspoon salt	

EQUIPMENT Sauce pan

Method

- 1 In a medium saucepan, mix red wine vinegar, olive oil, onion, salt, parsley, dry mustard, brown sugar and garlic. Bring to a boil. Reduce heat. Stir in mushrooms. Simmer 10 to 12 minutes, stirring occasionally.
- 2 Transfer to sterile containers and chill in the refrigerator until serving.

Nutrition per serving

214
KCAL

4 g
PROTEIN

19 g
FAT

9 g
CARBS

Saturated Fat	2.6 g · 16% of daily needs
Fibre	1.8 g · 7% of daily needs
Sugar	6 g · 7% of daily needs
Sodium	595 mg · 26% of daily needs
Cholesterol	0 mg · 0% of daily needs
Vitamin C	5.5 mg · 7% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/marinated-mushrooms-ii-148338