



Marinated Mushrooms with Blue Cheese

 Vegetarian  Gluten Free

READY IN



260 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

Ingredients

- 0.3 cup cheese blue crumbled
- 0.5 teaspoon mustard dry
- 2 cups mushrooms fresh
- 2 cloves garlic minced
- 8 servings hot sauce to taste
- 2 tablespoons juice of lemon
- 2 teaspoons seasoning salt
- 1 cup vegetable oil

- 1 teaspoon sugar white
- 0.3 cup citrus champagne vinegar

Equipment

- bowl

Directions

- In a medium bowl, mix together the blue cheese, vegetable oil, lemon juice, white wine vinegar, garlic, seasoning salt, white sugar, dry mustard and hot sauce. Stir in the mushrooms. Cover and refrigerate 4 to 6 hours before serving.

Nutrition Facts

PROTEIN 9.17% **FAT 80.6%** **CARBS 10.23%**

Properties

Glycemic Index:19.89, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:2.7726086883441%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 74.28kcal (3.71%), Fat: 6.8g (10.47%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.11g (1.23%), Cholesterol: 3.16mg (1.05%), Sodium: 634.51mg (27.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin K: 10.15µg (9.66%), Vitamin B2: 0.11mg (6.73%), Vitamin B3: 0.92mg (4.62%), Selenium: 3.22µg (4.6%), Vitamin B5: 0.44mg (4.43%), Copper: 0.08mg (4.15%), Phosphorus: 40.06mg (4.01%), Vitamin E: 0.47mg (3.14%), Vitamin C: 2.31mg (2.8%), Potassium: 98.1mg (2.8%), Calcium: 25.73mg (2.57%), Vitamin B6: 0.04mg (2.18%), Zinc: 0.26mg (1.73%), Manganese: 0.03mg (1.64%), Folate: 6.58µg (1.64%), Vitamin B1: 0.02mg (1.61%), Fiber: 0.28g (1.13%), Iron: 0.2mg (1.12%), Magnesium: 4.32mg (1.08%), Vitamin B12: 0.06µg (1.02%)