



Marinated Mushrooms with Honey and Sage



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 48 ounce mushrooms fresh
- ☐ 0.3 cup sage leaves fresh loosely packed chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup honey
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 8 servings garnish: sage fresh
- ☐ 1 teaspoon salt
- ☐ 2 shallots finely chopped

- ☐ 0.5 cup walnut oil
- ☐ 0.3 cup citrus champagne vinegar

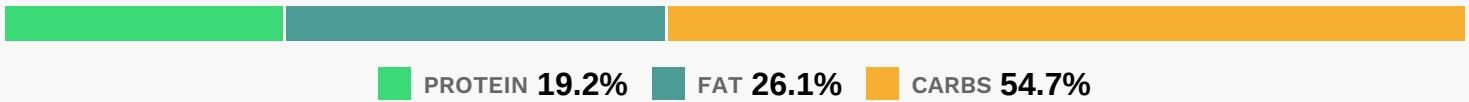
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Whisk together first 8 ingredients in a large bowl; add mushrooms.
- ☐ Let stand at least 30 minutes, stirring occasionally.
- ☐ Serve at room temperature with a slotted spoon.
- ☐ Garnish, if desired.
- ☐ For Entertaining, High-Style 'Shrooms: Dress up this marinated mushroom salad by serving it in a footed dish or trifle bowl.
- ☐ Wine & Dine: We recommend the following wines with dinner: Morgan Monterey Syrah, Chateau Souverain Dry Creek Zinfandel, or Bleasdale Langhorne Creek Shiraz-Cabernet.

Nutrition Facts



Properties

Glycemic Index:22.03, Glycemic Load:6.12, Inflammation Score:-2, Nutrition Score:13.933478411935%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 101.71kcal (5.09%), Fat: 3.34g (5.14%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 15.75g (5.25%), Net Carbohydrates: 13.75g (5%), Sugar: 12.57g (13.96%), Cholesterol: 0mg (0%), Sodium: 301.14mg (13.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.05%), Copper: 1.91mg (95.4%), Vitamin B2: 0.69mg (40.63%), Vitamin B3: 6.17mg (30.86%), Vitamin B5: 2.58mg (25.78%), Selenium: 16.09µg (22.99%), Potassium: 576.84mg

(16.48%), Phosphorus: 152.56mg (15.26%), Vitamin B6: 0.21mg (10.53%), Vitamin B1: 0.14mg (9.63%), Manganese: 0.18mg (9.19%), Fiber: 2g (8.01%), Folate: 31.3µg (7.82%), Zinc: 0.95mg (6.36%), Iron: 1.08mg (6%), Vitamin C: 4.4mg (5.33%), Magnesium: 18.3mg (4.57%), Vitamin D: 0.34µg (2.27%), Calcium: 13.52mg (1.35%), Vitamin B12: 0.07µg (1.13%)