



Marinated Mushrooms with Red Bell Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



3

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons corn oil
- ☐ 0.5 teaspoon basil dried
- ☐ 32 ounce mushrooms fresh
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper fresh black
- ☐ 1 tablespoon onion chopped
- ☐ 0.5 bell pepper diced red

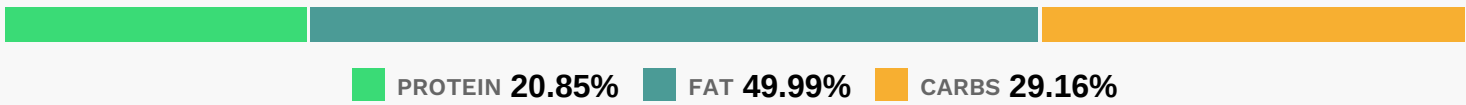
- ☐ 0.5 cup red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water
- ☐ 1 teaspoon sugar white

Equipment

Directions

- ☐ Combine the vinegar, water, oil, sugar, onion, parsley, basil, garlic, salt, and pepper; bring to a boil. Stir in the mushrooms and red bell pepper; return mixture to a boil; reduce heat and simmer until the mushrooms are tender, 5 to 10 minutes.
- ☐ Remove from heat and allow to cool to room temperature.
- ☐ Transfer to a covered container and store in refrigerator at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:85.03, Glycemic Load:3.66, Inflammation Score:-7, Nutrition Score:23.499130300854%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 172.49kcal (8.62%), Fat: 10.46g (16.09%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 10.05g (3.65%), Sugar: 8.33g (9.25%), Cholesterol: 0mg (0%), Sodium: 215.6mg (9.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.63%), Vitamin B2: 1.24mg (72.91%), Vitamin B3: 11.16mg (55.78%), Copper: 0.99mg (49.42%), Vitamin B5: 4.61mg (46.15%), Vitamin C: 34.58mg (41.92%), Selenium: 28.47µg (40.67%), Potassium: 1045.94mg (29.88%), Vitamin K: 29.95µg (28.53%), Phosphorus: 273.92mg (27.39%), Vitamin B6: 0.4mg (20.25%), Vitamin B1: 0.26mg (17.51%), Folate: 63.8µg (15.95%), Fiber: 3.69g (14.75%), Vitamin A: 735.7IU (14.71%), Manganese: 0.26mg (13.03%), Vitamin E: 1.76mg (11.74%), Iron: 2.07mg (11.49%), Zinc: 1.69mg (11.29%),

Magnesium: 34.43mg (8.61%), Vitamin D: 0.6µg (4.03%), Calcium: 24.47mg (2.45%), Vitamin B12: 0.12µg (2.02%)