



Mary McCormack's Marinated Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



39 kcal

SIDE DISH

Ingredients

- 16 ounce mushrooms drained canned
- 1.5 teaspoons garlic salt
- 0.5 cup olive oil
- 1.5 teaspoons seasoning salt
- 0.3 cup distilled vinegar white

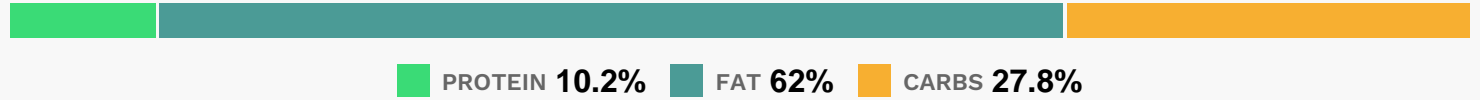
Equipment

- whisk

Directions

- Whisk together the garlic salt, seasoned salt, vinegar and olive oil.
- Pour over mushrooms and allow to marinate for 24 hours.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.3404347870661%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 39.48kcal (1.97%), Fat: 2.86g (4.41%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 1.53g (0.56%), Sugar: 1.33g (1.48%), Cholesterol: 0mg (0%), Sodium: 1113.24mg (48.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Copper: 0.13mg (6.72%), Fiber: 1.36g (5.44%), Vitamin B5: 0.46mg (4.6%), Vitamin B3: 0.9mg (4.52%), Phosphorus: 37.74mg (3.77%), Selenium: 2.37µg (3.38%), Vitamin B1: 0.05mg (3.21%), Manganese: 0.06mg (2.77%), Zinc: 0.41mg (2.74%), Vitamin E: 0.39mg (2.63%), Iron: 0.47mg (2.63%), Magnesium: 8.61mg (2.15%), Potassium: 73.51mg (2.1%), Vitamin B6: 0.03mg (1.73%), Folate: 6.8µg (1.7%), Vitamin K: 1.63µg (1.55%)