



Mushroom and Sunchoke Sauté



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



345 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds common and brown white assorted
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cooking sherry dry
- ☐ 1 tablespoon rosemary leaves dried fresh chopped
- ☐ 2 cloves garlic minced pressed
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons oregano leaves or dried fresh chopped
- ☐ 12 servings salt and pepper

- ☐ 1 cup shallots thinly sliced
- ☐ 0.5 pound sunchokes

Equipment

- ☐ frying pan

Directions

- ☐ Trim off any soil caked onto mushrooms. Trim and discard discolored stem ends and tough stems of shiitakes. Quickly immerse the mushrooms in water, swishing them around to release soil and insects, then lift from water and drain.
- ☐ Cut large mushrooms into about 1-inch pieces; leave the small mushrooms whole.
- ☐ Peel and coarsely chop sunchokes.
- ☐ In a 5- to 6-quart pan over high heat, combine oil, butter, mushrooms, sunchokes, shallots, and garlic. Stir often until mushroom juices evaporate and the vegetables are browned, about 15 minutes.
- ☐ Add rosemary, oregano, and sherry; stir until sherry evaporates, about 2 minutes.
- ☐ Spoon vegetables into a serving dish.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:14.23, Glycemic Load:34.15, Inflammation Score:-7, Nutrition Score:13.902173963902%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 345.01kcal (17.25%), Fat: 6.29g (9.67%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 64.77g (21.59%), Net Carbohydrates: 61.09g (22.22%), Sugar: 3.43g (3.81%), Cholesterol: 0mg (0%), Sodium: 222.45mg (9.67%), Alcohol: 0.51g (100%), Alcohol %: 0.52% (100%), Protein: 6.63g (13.27%), Manganese: 2.93mg (146.58%), Magnesium: 117.21mg (29.3%), Vitamin B1: 0.36mg (24.27%), Vitamin B6: 0.48mg (24.02%), Phosphorus: 228.96mg (22.9%), Vitamin B3: 3.57mg (17.84%), Fiber: 3.68g (14.72%), Iron: 2.41mg (13.39%), Copper: 0.26mg (12.88%), Vitamin B5: 1.27mg (12.72%), Zinc: 1.65mg (11.01%), Potassium: 361.45mg (10.33%), Folate: 25.34µg (6.34%), Calcium: 42.94mg (4.29%), Vitamin K: 3.68µg (3.51%), Vitamin E: 0.51mg (3.42%), Vitamin C: 2.54mg (3.08%), Vitamin B2: 0.05mg (3.06%), Vitamin A: 98.62IU (1.97%)