



## Mushroom Essence

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon thyme dried
- 0.5 cup wine dry white
- 4 cups fat-skimmed beef broth
- 6 slices ginger fresh (quarter-size)
- 1 tablespoon juice of lemon
- 1 pound mushrooms

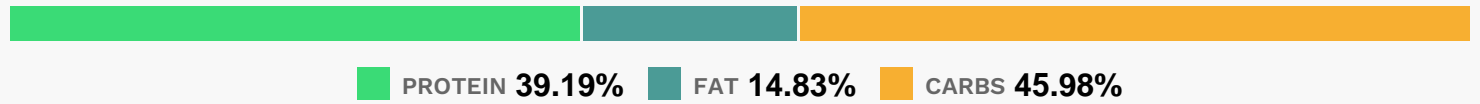
## Equipment

- frying pan

# Directions

- Rinse mushrooms; trim and discard discolored stem ends, then thinly slice mushrooms. In a 4- to 6-quart pan, mix mushrooms with lemon juice, then add wine, ginger, and thyme. Cover and place over medium-high heat; stir occasionally until mushrooms are juicy, about 5 minutes. Uncover and stir occasionally over high heat until liquid is evaporated, 15 to 20 minutes.
- Add broth to pan. Cover and simmer to blend flavors, about 15 minutes. Measure mushrooms and liquid. If there's more than 4 cups, return to pan and boil, uncovered, until reduced to 4 cups; if there's less, add water.

# Nutrition Facts



# Properties

Glycemic Index:15.5, Glycemic Load:1.01, Inflammation Score:-4, Nutrition Score:9.3060871398319%

# Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 62.2kcal (3.11%), Fat: 0.81g (1.25%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 4.41g (1.61%), Sugar: 3.02g (3.36%), Cholesterol: 0mg (0%), Sodium: 936.1mg (40.7%), Alcohol: 3.09g (100%), Alcohol %: 1.04% (100%), Protein: 4.83g (9.66%), Vitamin B2: 0.51mg (30.01%), Vitamin B3: 5.42mg (27.12%), Selenium: 15.6µg (22.29%), Copper: 0.41mg (20.67%), Vitamin B5: 1.99mg (19.94%), Potassium: 467.34mg (13.35%), Phosphorus: 129.46mg (12.95%), Vitamin B6: 0.17mg (8.6%), Vitamin B12: 0.5µg (8.32%), Vitamin B1: 0.11mg (7.44%), Manganese: 0.13mg (6.53%), Iron: 1.14mg (6.34%), Folate: 23.27µg (5.82%), Fiber: 1.25g (5.01%), Vitamin C: 4.05mg (4.9%), Zinc: 0.69mg (4.61%), Magnesium: 17.27mg (4.32%), Vitamin K: 2.27µg (2.16%), Calcium: 18.25mg (1.82%), Vitamin D: 0.23µg (1.51%)