



Mushroom Jus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

Ingredients

- 1 ounce mushroom caps dried
- 2 large garlic cloves crushed
- 1 tablespoon olive oil
- 4 servings salt and pepper freshly ground
- 0.3 cup soya sauce
- 4 cups water hot

Equipment

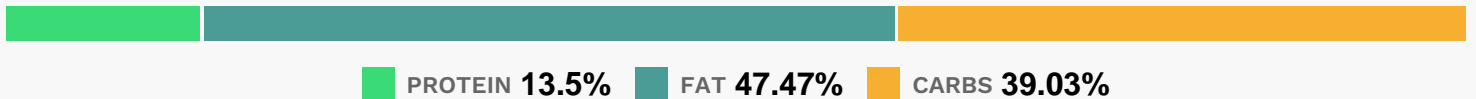
- bowl

- sauce pan
- slotted spoon

Directions

- Put the shiitakes in a bowl and add the hot water. Cover and let stand until softened, about 20 minutes. Using a slotted spoon, remove the mushrooms from the water and cut off and discard the stems. Swish the mushrooms in the soaking water to loosen any grit. Finely chop the mushrooms; reserve the soaking liquid.
- Heat the oil in a saucepan.
- Add the mushrooms and cook over high heat until starting to brown, about 3 minutes.
- Add 2 tablespoons of the soy sauce and the garlic and cook over high heat until the soy sauce evaporates and the mushrooms brown, about 5 minutes.
- Pour in the reserved soaking liquid, stopping when you reach the grit, and the remaining 2 tablespoons of soy sauce and stir well. Cover and simmer over low heat until the mushrooms are tender, about 5 minutes. Season with salt and pepper.
- Make Ahead: The jus can be refrigerated overnight. Rewarm before serving.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:4.8352173463158%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 62.85kcal (3.14%), Fat: 3.59g (5.53%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 5.68g (2.07%), Sugar: 0.42g (0.46%), Cholesterol: 0mg (0%), Sodium: 1016.84mg (44.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Copper: 0.43mg (21.41%), Vitamin B5: 1.61mg (16.14%), Manganese: 0.18mg (9.06%), Vitamin B3: 1.58mg (7.91%), Vitamin B2: 0.11mg (6.69%), Vitamin B6: 0.12mg (5.8%), Selenium: 3.6µg (5.14%), Magnesium: 17.9mg (4.48%), Zinc: 0.65mg (4.31%), Phosphorus: 41.98mg (4.2%), Potassium: 145.55mg (4.16%), Fiber: 0.96g (3.85%), Folate: 14.21µg (3.55%), Vitamin E: 0.51mg (3.37%), Iron: 0.51mg (2.85%), Vitamin B1: 0.03mg (2.19%), Vitamin K: 2.13µg (2.03%), Vitamin D: 0.28µg (1.84%), Calcium: 13.65mg

(1.36%)