



Mushroom Saute

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 2 teaspoons tarragon dried
- 24 ounce mushrooms fresh sliced
- 0.3 cup parsley fresh chopped
- 0.5 teaspoon nutmeg
- 0.3 teaspoon pepper black
- 2 tablespoons onion chopped
- 0.3 teaspoon salt

Equipment

frying pan

Directions

In a large skillet over medium heat melt butter. Stir in mushrooms, onion, tarragon, nutmeg, salt and pepper.

Saute until mushrooms are tender, stirring occasionally, about 10 minutes. Stir in parsley and serve.

Nutrition Facts

PROTEIN 11.9% **FAT 73.91%** **CARBS 14.19%**

Properties

Glycemic Index:78.25, Glycemic Load:1.74, Inflammation Score:-6, Nutrition Score:15.209999856742%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 180.98kcal (9.05%), Fat: 16.12g (24.8%), Saturated Fat: 9.9g (61.88%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 4.9g (1.78%), Sugar: 3.7g (4.11%), Cholesterol: 40.67mg (13.56%), Sodium: 278.47mg (12.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.68%), Vitamin K: 63.05µg (60.05%), Vitamin B2: 0.71mg (41.71%), Vitamin B3: 6.3mg (31.49%), Copper: 0.56mg (27.98%), Vitamin B5: 2.59mg (25.9%), Selenium: 16.09µg (22.99%), Potassium: 606.29mg (17.32%), Vitamin A: 831.67IU (16.63%), Phosphorus: 158.31mg (15.83%), Vitamin C: 9.44mg (11.44%), Vitamin B6: 0.21mg (10.59%), Vitamin B1: 0.15mg (9.85%), Manganese: 0.2mg (9.78%), Folate: 39.09µg (9.77%), Fiber: 2.07g (8.27%), Iron: 1.44mg (8.01%), Zinc: 1mg (6.64%), Magnesium: 22.21mg (5.55%), Vitamin E: 0.49mg (3.24%), Calcium: 28.46mg (2.85%), Vitamin D: 0.34µg (2.27%), Vitamin B12: 0.1µg (1.67%)