



WHATSheATE



Mushroom Stir Fry with Peas and Green Onions



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup vegetable stock for vegetarian option (use vegetable stock)
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon soya sauce gluten-free (use soy sauce if cooking)
- ☐ 0.5 cup vegetable stock for vegetarian option (use vegetable stock)
- ☐ 3 tablespoons soya sauce gluten-free (use soy sauce if cooking)
- ☐ 0.3 cup honey
- ☐ 1 tablespoon rice vinegar

- ☐ 1 tablespoon cooking sherry
- ☐ 1 tablespoon cornstarch
- ☐ 4 garlic cloves sliced
- ☐ 1 tablespoon ginger grated
- ☐ 2 chilies dried red roughly chopped
- ☐ 3 tablespoons sesame
- ☐ 2 lbs mushrooms mixed roughly chopped quartered (oyster, crimini, button, shiitake, and/or enoki)
(you want bite-sized pieces)
- ☐ 1.5 cups snap peas
- ☐ 8 green onions chopped

Equipment

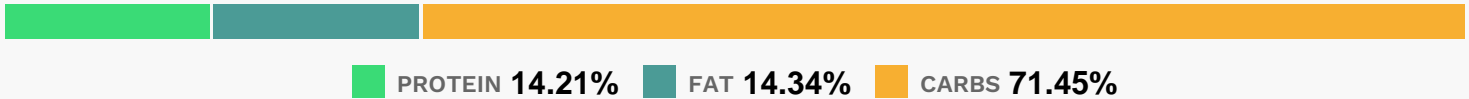
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Make the glaze and the sauce: Make the glaze by whisking together the stock, honey, and soy sauce in a bowl and set aside. Make the sauce by whisking together the stock, soy sauce, honey, rice vinegar, cooking wine or sherry, and the cornstarch in a bowl and set that aside as well.
- ☐ Sauté mushrooms, add glaze:
- ☐ Place 1 tablespoon of oil in a large skillet or a wok over high heat. When the oil is glistening and a bead of water evaporates in under a second, add the mushrooms and toss.
- ☐ Allow the mushrooms to cook for a few minutes until they start to squeak and give up their water (you'll see their water in the pan). When they do add the glaze. Allow the glaze to boil off, stirring occasionally, about 5–6 minutes.
- ☐ When barely any more liquid remains take the mushrooms off the heat and set them aside in a bowl. There may be bits of sugar caramelized to the side of the pan, don't fret about it.

- ☐
- Cook garlic, ginger, chilies: Reduce the heat to medium and add the remaining 2 tablespoons of oil.
- ☐
- Add the garlic, ginger, and chilies and cook until fragrant, about 30 seconds.
- ☐
- Add the snow peas and green onions and toss for about 30 more seconds.
- ☐
- Add back mushrooms: Increase heat to high.
- ☐
- Add the sauce and allow the mixture to come to a boil. The sauce will thicken considerably.
- ☐
- Add the mushrooms back to the mixture and cook for about 20 more seconds. Take off the heat.
- ☐
- Serve over rice and garnish with sesame seeds if using.

Nutrition Facts



Properties

Glycemic Index:108.39, Glycemic Load:15.78, Inflammation Score:-8, Nutrition Score:25.191739009774%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 243.6kcal (12.18%), Fat: 4.26g (6.56%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 47.78g (15.93%), Net Carbohydrates: 39.52g (14.37%), Sugar: 29.88g (33.2%), Cholesterol: 0mg (0%), Sodium: 1043.59mg (45.37%), Alcohol: 0.39g (100%), Alcohol %: 0.12% (100%), Protein: 9.51g (19.01%), Vitamin K: 58.99µg (56.18%), Vitamin B3: 10.08mg (50.39%), Manganese: 0.96mg (47.8%), Vitamin B6: 0.86mg (43.23%), Vitamin B5: 3.8mg (37.97%), Vitamin B2: 0.59mg (34.9%), Phosphorus: 347.1mg (34.71%), Vitamin C: 27.72mg (33.6%), Fiber: 8.26g (33.05%), Copper: 0.66mg (33.03%), Potassium: 925.9mg (26.45%), Selenium: 16.25µg (23.22%), Magnesium: 88.62mg (22.15%), Zinc: 3.17mg (21.1%), Iron: 3.48mg (19.34%), Folate: 69.66µg (17.42%), Vitamin A: 748.24IU (14.96%), Vitamin B1: 0.17mg (11.03%), Calcium: 107.2mg (10.72%), Vitamin D: 0.91µg (6.05%), Vitamin E: 0.32mg (2.11%)