



Mushroom Topping



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 1 pound mushrooms ()
- ☐ 6 oz onion
- ☐ 0.5 teaspoon oregano dried
- ☐ 8 servings bell pepper
- ☐ 8 servings salt

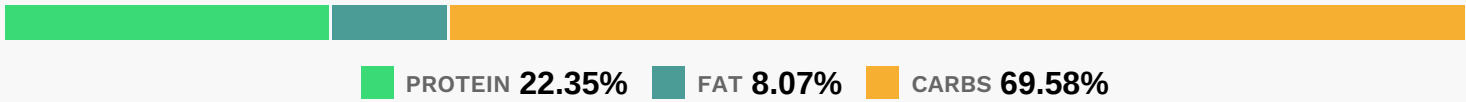
Equipment

- ☐ frying pan

Directions

- ☐ Rinse and drain mushrooms and cut into quarters. Thinly slice onion. In a 10- to 12-inch nonstick frying pan over high heat, frequently stir mushrooms, onion, garlic, and oregano until mushrooms brown, 12 to 15 minutes.
- ☐ Add salt and pepper to taste. Use warm.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:1.86, Inflammation Score:-9, Nutrition Score:13.253478283467%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 41.8kcal (2.09%), Fat: 0.45g (0.69%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 6.1g (2.22%), Sugar: 5.17g (5.74%), Cholesterol: 0mg (0%), Sodium: 200.61mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin C: 98.36mg (119.23%), Vitamin A: 2335.21IU (46.7%), Vitamin B2: 0.3mg (17.56%), Vitamin B6: 0.31mg (15.59%), Vitamin B3: 2.81mg (14.06%), Folate: 48.27µg (12.07%), Vitamin B5: 1.12mg (11.17%), Potassium: 373.16mg (10.66%), Fiber: 2.56g (10.25%), Copper: 0.2mg (10.22%), Vitamin E: 1.21mg (8.07%), Selenium: 5.57µg (7.95%), Manganese: 0.16mg (7.84%), Phosphorus: 75.63mg (7.56%), Vitamin B1: 0.1mg (6.51%), Vitamin K: 4.53µg (4.31%), Magnesium: 16.7mg (4.17%), Iron: 0.71mg (3.94%), Zinc: 0.53mg (3.53%), Calcium: 15.28mg (1.53%)