



Mushrooms Berkeley

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



349 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 2 tablespoons dijon mustard
- ☐ 1 pound mushrooms fresh halved
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.3 cup red wine
- ☐ 1 onion sweet halved sliced
- ☐ 2 tablespoons worcestershire sauce

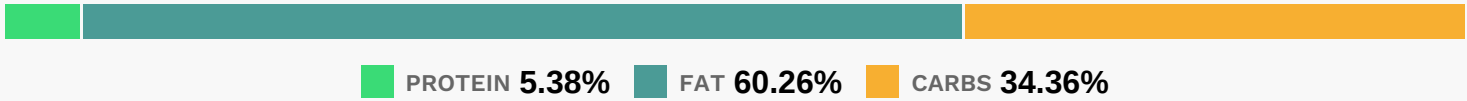
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Stir the red wine, mustard, Worcestershire sauce, and brown sugar together in a bowl until the sugar is thoroughly incorporated into the mixture; set aside.
- ☐ Melt the butter in a saucepan over medium heat; cook and stir the onion in the melted butter until translucent, 5 to 7 minutes.
- ☐ Add the mushrooms, season with black pepper, and continue cooking and stirring another 3 minutes. As the mushrooms reduce in size and begin to brown, stir the wine mixture into the mushroom mixture. Simmer until hot, 1 to 2 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:0.92, Inflammation Score:-7, Nutrition Score:11.083043492359%

Flavonoids

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Nutrients (% of daily need)

Calories: 348.66kcal (17.43%), Fat: 23.72g (36.49%), Saturated Fat: 14.66g (91.64%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 28.2g (10.26%), Sugar: 25.25g (28.06%), Cholesterol: 61.01mg (20.34%), Sodium: 393.49mg (17.11%), Alcohol: 1.59g (100%), Alcohol %: 0.74% (100%), Protein: 4.77g (9.54%), Vitamin B2: 0.5mg (29.58%), Copper: 0.44mg (22.05%), Vitamin B3: 4.37mg (21.86%), Selenium: 14.09µg (20.13%), Vitamin B5: 1.86mg (18.62%), Potassium: 589.9mg (16.85%), Vitamin A: 722.81IU (14.46%), Phosphorus: 144.22mg (14.42%), Vitamin B6: 0.25mg (12.39%), Folate: 40.72µg (10.18%), Vitamin B1: 0.15mg (9.88%), Manganese: 0.19mg (9.59%), Vitamin C: 7.49mg (9.08%), Fiber: 2.23g (8.91%), Iron: 1.57mg (8.7%), Magnesium: 26.55mg (6.64%), Calcium: 57.44mg (5.74%), Zinc: 0.81mg (5.43%), Vitamin E: 0.72mg (4.8%), Vitamin K: 2.66µg (2.53%), Vitamin B12: 0.09µg (1.56%), Vitamin D: 0.23µg (1.51%)