



HEALTH SCORE

88%

Mushrooms in Escabèche with Red Bell Peppers and Chiles de Arbol



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 9 chiles de árbol dried
- ☐ 6 bay leaves
- ☐ 2 teaspoons dijon mustard
- ☐ 2 teaspoons thyme leaves dried
- ☐ 12 servings parsley leaves fresh
- ☐ 10 garlic cloves peeled
- ☐ 2 tablespoons honey

- ☐ 5 tablespoons olive oil divided
- ☐ 0.8 pound oyster mushrooms
- ☐ 3 bell peppers red
- ☐ 0.5 cup sherry wine vinegar
- ☐ 1.5 pounds mushroom caps stemmed quartered
- ☐ 1 pound onions white halved lengthwise thinly sliced
- ☐ 0.5 cup citrus champagne vinegar
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1.5 pounds if halved quartered

Equipment

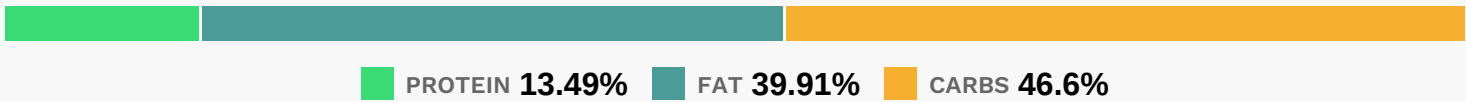
- ☐ bowl
- ☐ frying pan
- ☐ broiler

Directions

- ☐ Char peppers over gas flame or in broiler until blackened on all sides. Enclose in paper bag 15 minutes. Peel and seed peppers, then cut lengthwise into 1/4-inch-wide strips.
- ☐ Heat 2 tablespoons oil in heavy large skillet over high heat.
- ☐ Add button mushrooms; sprinkle with salt and pepper and sauté until mushrooms are softened but still hold shape, about 7 minutes.
- ☐ Transfer mushrooms to large bowl.
- ☐ Add 2 tablespoons oil to same skillet.
- ☐ Add shiitake mushrooms; sprinkle with salt and pepper and sauté until soft, about 5 minutes.
- ☐ Transfer mushrooms to same bowl.
- ☐ Heat 1 tablespoon oil in same skillet.
- ☐ Add oyster mushrooms; sprinkle with salt and pepper and sauté until soft, about 4 minutes.
- ☐ Transfer mushrooms to same bowl; reserve skillet.

- ☐ Toast chiles de árbol in small skillet over high heat until just beginning to darken, about 15 seconds.
- ☐ Transfer 3 chiles to spice mill and finely grind; reserve remaining whole chiles.
- ☐ Heat 1/2 cup oil in reserved skillet over medium heat.
- ☐ Add onions and sauté until translucent, about 10 minutes.
- ☐ Add garlic and next 5 ingredients, 1/4 teaspoon of ground chiles de árbol, and remaining 6 whole chiles de árbol; stir to coat.
- ☐ Add 3 cups water and both vinegars; season generously with salt. Bring to boil, stirring frequently, then pour vinegar mixture over mushrooms in bowl.
- ☐ Add red pepper strips. Cool completely. Cover and chill overnight. (Can be made 1 week ahead. Keep refrigerated.)
- ☐ Strain mushroom escabeche over large bowl. Arrange drained mushrooms on large platter; discard garlic cloves and bay leaves.
- ☐ Drizzle mushrooms with some of marinade.
- ☐ Garnish with parsley leaves and serve.
- ☐ *Available at some supermarkets, specialty foods stores, and Latin markets.
- ☐ Reserve the juices from the marinated mushrooms. Any leftover mushrooms can be returned to the juices and stored in the refrigerator. They're a great addition to sandwiches

Nutrition Facts



Properties

Glycemic Index:22.44, Glycemic Load:4.12, Inflammation Score:-9, Nutrition Score:18.8195651355%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 138.55kcal (6.93%), Fat: 6.66g (10.24%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 13.18g (4.79%), Sugar: 8.88g (9.87%), Cholesterol: 0mg (0%), Sodium: 48.29mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Vitamin K: 74.05µg (70.53%), Vitamin C: 48.7mg (59.03%), Vitamin B3: 6.12mg (30.58%), Vitamin B2: 0.5mg (29.48%), Vitamin A: 1393.49IU (27.87%), Vitamin B5: 2.25mg (22.46%), Vitamin B6: 0.43mg (21.45%), Potassium: 652.74mg (18.65%), Copper: 0.37mg (18.62%), Manganese: 0.36mg (17.75%), Phosphorus: 175.6mg (17.56%), Fiber: 4.31g (17.25%), Selenium: 10.16µg (14.51%), Folate: 55.78µg (13.95%), Iron: 1.87mg (10.37%), Vitamin E: 1.38mg (9.22%), Vitamin B1: 0.14mg (9.03%), Zinc: 1.35mg (8.97%), Magnesium: 33.73mg (8.43%), Vitamin D: 0.54µg (3.59%), Calcium: 31.75mg (3.17%)