



Mushrooms with a Soy Sauce Glaze

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cloves garlic minced
- ☐ 2 servings ground pepper black to taste
- ☐ 2 teaspoons soya sauce
- ☐ 8 ounce mushrooms white sliced

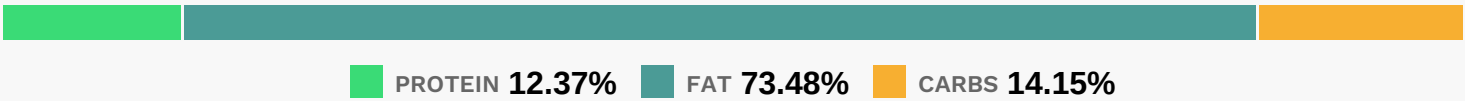
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in skillet over medium heat; add the mushrooms; cook and stir until the mushrooms have softened and released their liquid, about 5 minutes. Stir in the garlic; continue to cook and stir for 1 minute.
- ☐ Pour in the soy sauce; cook the mushrooms in the soy sauce until the liquid has evaporated, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:1.16, Inflammation Score:-3, Nutrition Score:8.1747826752455%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 133.65kcal (6.68%), Fat: 11.76g (18.1%), Saturated Fat: 7.26g (45.36%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 3.83g (1.39%), Sugar: 2.39g (2.65%), Cholesterol: 30.1mg (10.03%), Sodium: 431.38mg (18.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.91%), Vitamin B2: 0.47mg (27.84%), Vitamin B3: 4.36mg (21.79%), Copper: 0.38mg (18.95%), Vitamin B5: 1.75mg (17.55%), Selenium: 11.16µg (15.95%), Phosphorus: 113.43mg (11.34%), Potassium: 390.04mg (11.14%), Vitamin B6: 0.17mg (8.39%), Manganese: 0.15mg (7.31%), Vitamin A: 350.68IU (7.01%), Vitamin B1: 0.1mg (6.81%), Folate: 20.88µg (5.22%), Fiber: 1.27g (5.08%), Zinc: 0.66mg (4.43%), Iron: 0.77mg (4.3%), Vitamin C: 3.32mg (4.02%), Magnesium: 13.81mg (3.45%), Vitamin E: 0.34mg (2.26%), Vitamin D: 0.23µg (1.51%), Calcium: 13.83mg (1.38%), Vitamin B12: 0.07µg (1.15%), Vitamin K: 1.19µg (1.14%)