



Mushrooms with Garlic Butter

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1 tablespoon garlic finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons butter unsalted
- ☐ 0.8 lb mushrooms white
- ☐ 3 slices sandwich bread white firm cut into 1/4-inch cubes (1 1/4 cups)

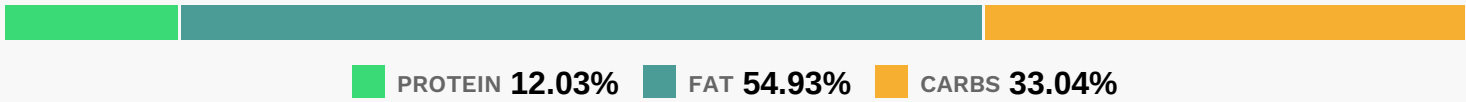
Equipment

- ☐ oven
- ☐ baking pan
- ☐ stove
- ☐ microwave

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Toast bread cubes in a shallow baking pan in oven, stirring once, until golden and crisp, 6 to 8 minutes. Meanwhile, melt butter with garlic, salt, and pepper (on the stove or in a microwave). Put mushrooms in an 8-inch square baking dish and toss with garlic butter.
- ☐ Bake, stirring occasionally, until mushrooms are soft and juicy, 15 to 20 minutes.
- ☐ Just before serving, toss mushrooms with parsley and croutons.

Nutrition Facts



Properties

Glycemic Index:50.19, Glycemic Load:7.41, Inflammation Score:-4, Nutrition Score:9.8126087966173%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 148.63kcal (7.43%), Fat: 9.51g (14.63%), Saturated Fat: 5.6g (34.98%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 11.45g (4.16%), Sugar: 2.73g (3.03%), Cholesterol: 22.58mg (7.53%), Sodium: 387.01mg (16.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.37%), Vitamin K: 33.81µg (32.2%), Vitamin B2: 0.39mg (23.23%), Vitamin B3: 4.01mg (20.04%), Selenium: 12.66µg (18.08%), Copper: 0.31mg (15.31%), Vitamin B5: 1.41mg (14.07%), Vitamin B1: 0.17mg (11.36%), Manganese: 0.2mg (10.24%), Phosphorus: 101.27mg (10.13%), Folate: 38.71µg (9.68%), Potassium: 315.73mg (9.02%), Vitamin A: 431.93IU (8.64%), Iron: 1.23mg (6.83%), Vitamin B6: 0.13mg (6.65%), Vitamin C: 5.07mg (6.15%), Fiber: 1.42g (5.69%), Calcium: 51.75mg (5.17%), Zinc: 0.66mg (4.42%), Magnesium: 14.65mg (3.66%), Vitamin D: 0.33µg (2.18%), Vitamin E: 0.31mg (2.08%)