



Mushrooms with Lemon Dressing

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon anchovy paste
- 3 tablespoons parsley fresh chopped
- 0.5 teaspoon fresh-ground pepper black
- 4 teaspoons juice of lemon
- 1.3 pounds mushrooms cut into 1/8-inch slices
- 5 tablespoons olive oil
- 0.5 teaspoon salt

Equipment

bowl

Directions

In a large glass or stainless-steel bowl, using a fork, stir together the lemon juice, anchovy paste, salt, and pepper. Stir in the oil.

Add the mushrooms and parsley and toss.

Nutrition Facts

 **PROTEIN 9.32%**  **FAT 80.21%**  **CARBS 10.47%**

Properties

Glycemic Index:24, Glycemic Load:1.09, Inflammation Score:-4, Nutrition Score:12.853478224381%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 190.27kcal (9.51%), Fat: 18.1g (27.84%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 3.72g (1.35%), Sugar: 2.96g (3.29%), Cholesterol: 0.64mg (0.21%), Sodium: 327.43mg (14.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Vitamin K: 60.24µg (57.37%), Vitamin B2: 0.58mg (33.92%), Vitamin B3: 5.31mg (26.57%), Copper: 0.46mg (23.11%), Vitamin B5: 2.15mg (21.51%), Selenium: 13.71µg (19.59%), Vitamin E: 2.59mg (17.28%), Potassium: 480.16mg (13.72%), Phosphorus: 126.33mg (12.63%), Vitamin C: 8.9mg (10.79%), Vitamin B1: 0.12mg (7.96%), Vitamin B6: 0.15mg (7.73%), Folate: 29.8µg (7.45%), Fiber: 1.59g (6.38%), Iron: 1.06mg (5.88%), Zinc: 0.79mg (5.29%), Manganese: 0.11mg (5.27%), Vitamin A: 254.69IU (5.09%), Magnesium: 15.51mg (3.88%), Vitamin D: 0.3µg (1.97%), Calcium: 11.89mg (1.19%), Vitamin B12: 0.06µg (1.05%)