



Nutmeg Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound mushrooms fresh
- 1 tablespoon ground nutmeg
- 1 teaspoon salt
- 0.8 cup white wine

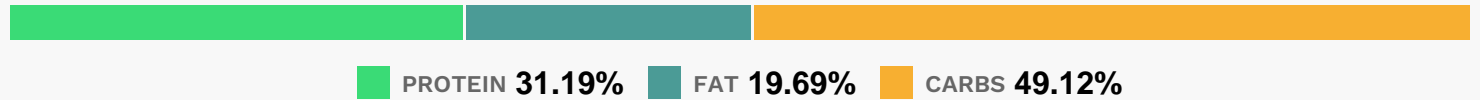
Equipment

- frying pan

Directions

- Clean and slice mushrooms.
- Combine all ingredients in a skillet and cook over medium heat until the wine comes to a boil. Reduce heat to low and cook until mushrooms are tender.
- Remove from heat and serve while hot.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:1.34, Inflammation Score:-3, Nutrition Score:7.5913044437766%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 71.04kcal (3.55%), Fat: 1.02g (1.57%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 4.23g (1.54%), Sugar: 3.18g (3.53%), Cholesterol: 0mg (0%), Sodium: 589.57mg (25.63%), Alcohol: 4.64g (100%), Alcohol %: 3.63% (100%), Protein: 3.64g (7.28%), Vitamin B2: 0.46mg (27.27%), Vitamin B3: 4.16mg (20.83%), Copper: 0.38mg (19.04%), Vitamin B5: 1.72mg (17.18%), Selenium: 10.62µg (15.17%), Potassium: 398.8mg (11.39%), Phosphorus: 109.35mg (10.93%), Manganese: 0.16mg (7.91%), Vitamin B6: 0.14mg (7.16%), Vitamin B1: 0.1mg (6.68%), Fiber: 1.5g (5.99%), Folate: 21.06µg (5.26%), Zinc: 0.68mg (4.55%), Magnesium: 17.92mg (4.48%), Iron: 0.75mg (4.15%), Vitamin C: 2.43mg (2.95%), Vitamin D: 0.23µg (1.51%), Calcium: 11.03mg (1.1%)