



## Oven Roasted Wild Mushrooms with Garlic and Thyme



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 pound hen of the woods cleaned
- ☐ 0.3 pound cremini mushrooms cleaned halved
- ☐ 6 sprigs thyme leaves fresh
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 0.3 cup olive oil
- ☐ 0.3 pound oyster mushrooms cleaned

- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.3 pound mushroom caps cleaned halved
- ☐ 1 tablespoon worcestershire sauce

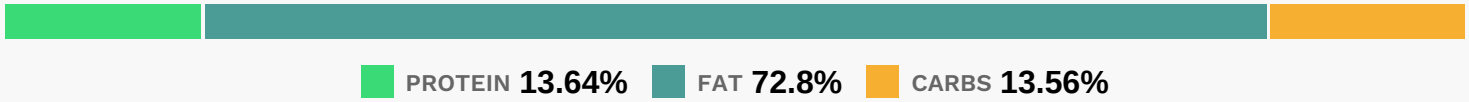
## Equipment

- ☐ oven
- ☐ roasting pan

## Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Combine the mushrooms and garlic in a large roasting pan, add the olive oil, and pepper and stir to combine.
- ☐ Add the sprigs of thyme and roast in the oven until golden brown and all of the liquid has evaporated, 25 to 30 minutes, stirring occasionally.
- ☐ Remove from the oven and stir in the Worcestershire, salt, and chopped thyme.

## Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:0.82, Inflammation Score:-10, Nutrition Score:10.372173931288%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg 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: 212.3kcal (10.61%), Fat: 17.83g (27.43%), Saturated Fat: 3.01g (18.78%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 5.43g (1.97%), Sugar: 1.93g (2.15%), Cholesterol: 28.63mg (9.54%), Sodium: 276.76mg (12.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.03%), Vitamin B3: 5.3mg (26.5%), Vitamin B2: 0.37mg (21.86%), Selenium: 13.52µg (19.31%), Copper: 0.3mg (15.04%), Phosphorus: 150.06mg (15.01%), Vitamin B5: 1.42mg (14.21%), Vitamin B6: 0.28mg (13.88%), Vitamin E: 2.03mg (13.55%), Potassium: 465.16mg (13.29%), Manganese:

0.25mg (12.43%), Iron: 1.75mg (9.71%), Vitamin K: 8.9µg (8.48%), Zinc: 1.25mg (8.34%), Vitamin C: 6.83mg (8.28%),  
Fiber: 2.05g (8.2%), Vitamin B1: 0.1mg (6.52%), Magnesium: 24.93mg (6.23%), Folate: 24.29µg (6.07%), Vitamin A:  
202.26IU (4.05%), Calcium: 33.03mg (3.3%), Vitamin D: 0.34µg (2.27%), Vitamin B12: 0.12µg (2.03%)