

food
network



HEALTH SCORE

67%

Oyster Mushroom Saute



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cheese dry such as parmesan, jack, or romano, optional hard grated
- ☐ 3 medium leeks
- ☐ 2 teaspoons olive oil
- ☐ 1 quart oyster mushrooms fresh
- ☐ 0.5 bell pepper red
- ☐ 0.5 cup johannisberg riesling
- ☐ 1 teaspoon tamari sauce with 1/2 teaspoon water diluted
- ☐ 1 package baked tofu

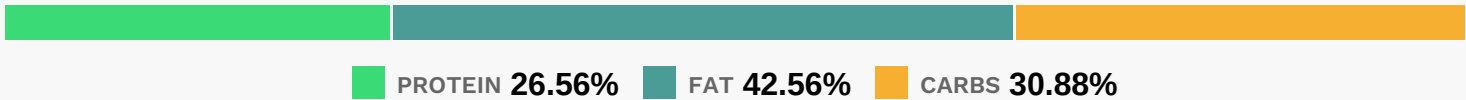
Equipment

☐ frying pan

Directions

- ☐ Clean and slice leeks.
- ☐ Heat olive oil in saute pan, add leeks when hot, and saute for about 10 minutes.
- ☐ Add a splash of Riesling if leeks begin to stick to the pan. Clean and chop pepper and mushrooms, and dice the tofu.
- ☐ Add tofu to pan, splash of wine, and cook for a few minutes, then add the oysters, followed a few minutes later by the pepper.
- ☐ Add wine as needed. In last few minutes, and the tamari.
- ☐ Serve over rice, sprinkled with hard cheese.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:3.27, Inflammation Score:-9, Nutrition Score:29.296521684398%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 370.59kcal (18.53%), Fat: 17.76g (27.33%), Saturated Fat: 6.71g (41.95%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 21.24g (7.72%), Sugar: 6.27g (6.97%), Cholesterol: 30mg (10%), Sodium: 340.51mg (14.8%), Alcohol: 2.85g (100%), Alcohol %: 0.75% (100%), Protein: 24.94g (49.87%), Vitamin B3: 12.21mg (61.06%), Vitamin B2: 0.99mg (58.41%), Phosphorus: 450.49mg (45.05%), Vitamin A: 1992.62IU (39.85%), Calcium: 383.38mg (38.34%), Folate: 146.04µg (36.51%), Copper: 0.67mg (33.59%), Potassium: 1171.51mg (33.47%), Vitamin B5: 3.33mg (33.32%), Vitamin C: 27.05mg (32.79%), Iron: 5.89mg (32.73%), Vitamin K: 34.03µg (32.41%), Fiber: 7.76g (31.03%), Manganese: 0.62mg (30.78%), Vitamin B6: 0.48mg (24.14%), Vitamin B1: 0.35mg (23.56%), Selenium: 15.34µg (21.91%), Zinc: 3.05mg (20.31%), Magnesium: 71.76mg (17.94%), Vitamin D: 1.84µg (12.24%), Vitamin E: 1.36mg (9.08%), Vitamin B12: 0.32µg (5.3%)