



Pan-Fried Mushrooms with Ricotta Cheese

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cube beef bouillon from cube crushed
- ☐ 0.3 cup butter
- ☐ 1 pound button mushrooms trimmed
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 tablespoon ricotta cheese

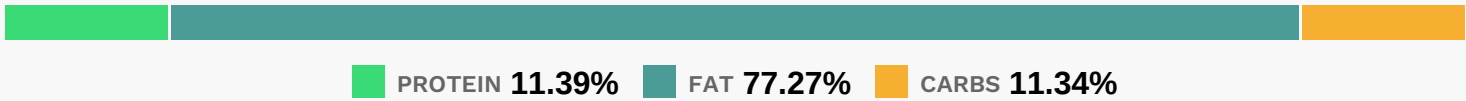
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a skillet over medium heat; cook and stir mushrooms until they begin to sweat, about 5 minutes.
- ☐ Add vinegar, beef bouillon, and garlic. Cook and stir mushroom mixture until bouillon is dissolved and mushrooms are lightly browned, 10 to 15 more minutes. Stir ricotta cheese into mushroom mixture and remove from heat.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:3.8391304482584%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 67.9kcal (3.4%), Fat: 6.19g (9.53%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.47g (0.53%), Sugar: 1.14g (1.26%), Cholesterol: 16.21mg (5.4%), Sodium: 52.25mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.11%), Vitamin B2: 0.23mg (13.8%), Vitamin B3: 2.06mg (10.29%), Copper: 0.18mg (9.11%), Vitamin B5: 0.86mg (8.63%), Selenium: 5.67µg (8.1%), Phosphorus: 54.36mg (5.44%), Potassium: 187.21mg (5.35%), Vitamin A: 185.65IU (3.71%), Vitamin B6: 0.06mg (3.23%), Vitamin B1: 0.05mg (3.15%), Folate: 10.1µg (2.52%), Fiber: 0.57g (2.3%), Zinc: 0.33mg (2.19%), Iron: 0.32mg (1.76%), Manganese: 0.03mg (1.74%), Vitamin C: 1.33mg (1.61%), Magnesium: 5.7mg (1.43%), Vitamin E: 0.17mg (1.15%)