



Pickled Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



29 kcal

SIDE DISH

Ingredients

- 2 teaspoons peppercorns black
- 2 teaspoons dill seed
- 1 bay leaf dried
- 2 cloves garlic crushed
- 2 pounds mushrooms (2-in. caps)
- 2 teaspoons mustard seed
- 2 teaspoons salt
- 1.5 cups citrus champagne vinegar

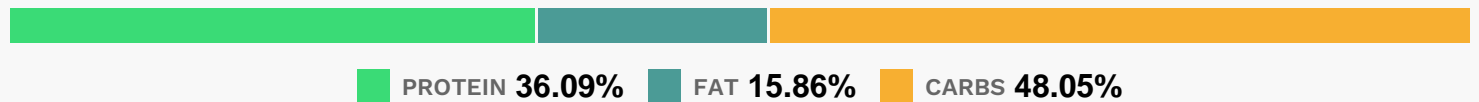
Equipment

frying pan

Directions

- Rinse and drain mushrooms; trim off and discard discolored stem ends.
- Cut mushrooms into quarters through caps.
- Meanwhile, in a 3- to 4-quart pan over high heat, bring 2/3 cup water, vinegar, bay leaf, peppercorns, mustard seed, dill seed, salt, and garlic to a boil.
- Add mushrooms. Simmer, stirring occasionally, for 10 minutes.
- Let mixture cool, stirring occasionally.
- Serve cool or chilled.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.68, Inflammation Score:-1, Nutrition Score:5.4782609113533%

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: 28.53kcal (1.43%), Fat: 0.52g (0.79%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 394.12mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Vitamin B2: 0.31mg (18.12%), Vitamin B3: 2.77mg (13.87%), Copper: 0.26mg (13.05%), Selenium: 8.22µg (11.75%), Vitamin B5: 1.15mg (11.49%), Manganese: 0.17mg (8.57%), Potassium: 271.77mg (7.76%), Phosphorus: 74.45mg (7.44%), Vitamin B1: 0.07mg (4.57%), Vitamin B6: 0.09mg (4.5%), Fiber: 1.09g (4.36%), Iron: 0.7mg (3.9%), Folate: 13.85µg (3.46%), Zinc: 0.47mg (3.11%), Magnesium: 12.14mg (3.04%), Vitamin C: 2.01mg (2.43%), Calcium: 15.16mg (1.52%), Vitamin K: 1.24µg (1.18%), Vitamin D: 0.15µg (1.01%)