



Pickled Mushrooms

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

28 min.

SERVINGS

servings

6

CALORIES

calories

74 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon coriander toasted
- ☐ 2 bay leaves fresh
- ☐ 2 jalapeños
- ☐ 2 pounds mushrooms wild assorted stemmed
- ☐ 1 tablespoon mustard seed toasted
- ☐ 0.3 cup salt
- ☐ 4 cups water
- ☐ 4 cups citrus champagne vinegar

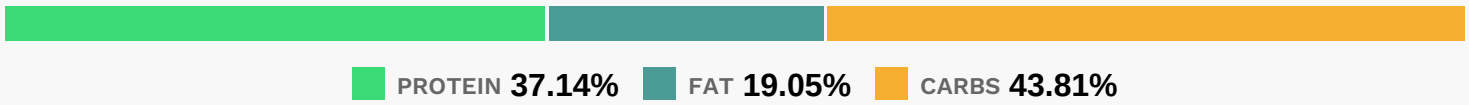
Equipment

- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Mix the salt and water, and pour brine over mushrooms.
- ☐ Let mushrooms sit in the refrigerator, covered for 24 hours.
- ☐ Remove mushrooms from brine, rinse, and then lay them out on paper towels to dry. In a saucepan, mix the vinegar with the remaining ingredients and bring to a boil.
- ☐ Place mushrooms in sterilized jar and cover with hot liquid. The mushrooms will be ready to eat in 1 week and will hold in cool place for up to 1 year. These are great for salads or as a garnish for meat dishes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.15, Inflammation Score:-3, Nutrition Score:11.343913166419%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 74.32kcal (3.72%), Fat: 1.2g (1.84%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 4.33g (1.57%), Sugar: 3.31g (3.68%), Cholesterol: 0mg (0%), Sodium: 4744.17mg (206.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Vitamin B2: 0.62mg (36.24%), Vitamin B3: 5.61mg (28.03%), Copper: 0.54mg (26.99%), Selenium: 17.91µg (25.58%), Vitamin B5: 2.29mg (22.93%), Potassium: 569.55mg (16.27%), Phosphorus: 159.24mg (15.92%), Vitamin C: 9.67mg (11.72%), Manganese: 0.21mg (10.45%), Iron: 1.71mg (9.5%), Vitamin B1: 0.14mg (9.28%), Vitamin B6: 0.18mg (9.24%), Fiber: 1.88g (7.51%), Folate: 30.03µg (7.51%), Magnesium: 29.22mg (7.31%), Zinc: 0.98mg (6.54%), Calcium: 27.51mg (2.75%), Vitamin D: 0.3µg (2.02%), Vitamin E: 0.28mg (1.85%), Vitamin A: 57.44IU (1.15%), Vitamin K: 1.17µg (1.11%), Vitamin B12: 0.06µg (1.01%)