



Porcini-Parmesan Salt

 Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



28 kcal

SIDE DISH

Ingredients

- 0.5 ounce the following: parmesan rind) dried
- 2.5 ounces kosher salt
- 2 tablespoons parmesan cheese finely grated

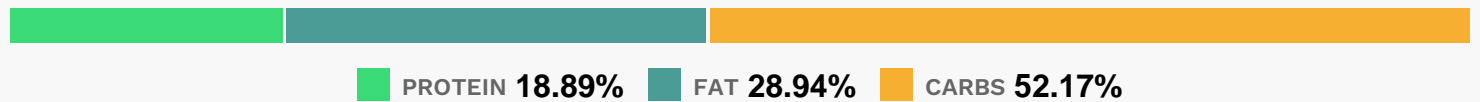
Equipment

- bowl
- whisk

Directions

- Place the mushrooms in a coffee or spice grinder and pulse into small, flaky bits no larger than a sesame seed, about 10 to 15 (1-second) pulses.
- Transfer to a medium bowl, scraping out any bits from the grinder.
- Add the salt and Parmesan cheese to the bowl and whisk to combine. Store in an airtight container at room temperature for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.8652173716413%

Nutrients (% of daily need)

Calories: 28.02kcal (1.4%), Fat: 0.98g (1.51%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.43g (1.25%), Sugar: 0.11g (0.12%), Cholesterol: 2.9mg (0.97%), Sodium: 9215.37mg (400.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Copper: 0.25mg (12.62%), Vitamin B5: 1.04mg (10.45%), Selenium: 3.37µg (4.81%), Vitamin B2: 0.07mg (4.21%), Manganese: 0.08mg (4.1%), Calcium: 35.66mg (3.57%), Zinc: 0.53mg (3.53%), Phosphorus: 35.02mg (3.5%), Vitamin B3: 0.67mg (3.34%), Vitamin B6: 0.05mg (2.41%), Potassium: 80.5mg (2.3%), Fiber: 0.54g (2.17%), Folate: 7.9µg (1.98%), Magnesium: 7.64mg (1.91%), Vitamin D: 0.2µg (1.34%)