



Portobello Mushroom Caps and Veggies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon garlic minced peeled
- ☐ 1 bell pepper green cut into strips
- ☐ 1 tablespoon olive oil
- ☐ 1 onion cut into strips
- ☐ 4 large portobello mushroom caps
- ☐ 0.3 teaspoon salt

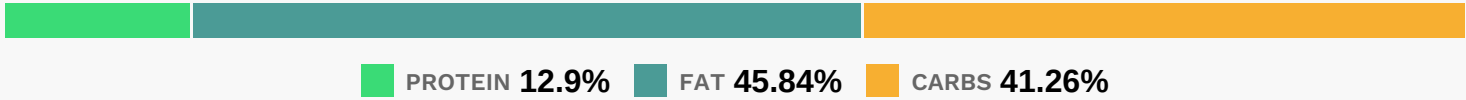
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a medium skillet over medium heat. Stir in the garlic, onion, and green bell pepper. Season with salt. Cook about 5 minutes, until vegetables are tender.
- ☐ Reduce skillet heat to low.
- ☐ Place mushroom caps in the skillet, cover, and cook about 5 minutes per side, until tender.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:8.4365218022595%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 69.35kcal (3.47%), Fat: 3.88g (5.97%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 5.75g (2.09%), Sugar: 4g (4.44%), Cholesterol: 0mg (0%), Sodium: 155.3mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin C: 26.58mg (32.22%), Selenium: 16.05µg (22.92%), Vitamin B3: 3.96mg (19.82%), Copper: 0.28mg (13.83%), Vitamin B6: 0.25mg (12.44%), Potassium: 406.06mg (11.6%), Phosphorus: 107.71mg (10.77%), Vitamin B5: 1.03mg (10.33%), Fiber: 2.11g (8.43%), Manganese: 0.16mg (8.18%), Folate: 31.78µg (7.95%), Vitamin B2: 0.13mg (7.48%), Vitamin B1: 0.08mg (5.54%), Vitamin E: 0.64mg (4.25%), Vitamin K: 4.45µg (4.24%), Zinc: 0.55mg (3.69%), Iron: 0.47mg (2.63%), Vitamin A: 110.81IU (2.22%), Vitamin D: 0.25µg (1.68%), Magnesium: 6.23mg (1.56%), Calcium: 15.56mg (1.56%)