



Quick Mushroom Stock



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup carrots chopped
- ☐ 1 cup cremini mushrooms sliced
- ☐ 0.3 ounce porcini mushrooms dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 garlic clove sliced
- ☐ 1 tablespoon teaspoon marjoram dried fresh chopped

- ☐ 2 teaspoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons tomato paste
- ☐ 1.5 cups water hot

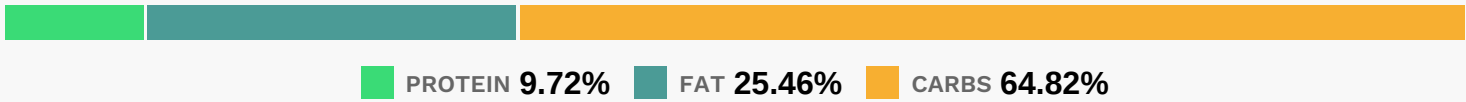
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine water and porcini mushrooms in a small bowl, and let stand for 20 minutes.
- ☐ Heat olive oil in a small saucepan over medium-high heat.
- ☐ Add onion, cremini mushrooms, carrot, and garlic; saut 10 minutes or until onion is browned. Reduce heat to medium. Stir in wine, flour, marjoram, and tomato paste. Cover and cook for 3 minutes or until mixture is syrupy.
- ☐ Add porcini mixture, vinegar, salt, and pepper; cook 20 minutes. Strain through a sieve into a bowl. Discard solids.

Nutrition Facts



Properties

Glycemic Index:85.28, Glycemic Load:4.09, Inflammation Score:-10, Nutrition Score:11.087391227484%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin:

4.26mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.02mg, Isorhamnetin: 4.02mg, Isorhamnetin: 4.02mg, Isorhamnetin: 4.02mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 16.53mg, Quercetin: 16.53mg, Quercetin: 16.53mg, Quercetin: 16.53mg

Nutrients (% of daily need)

Calories: 126.2kcal (6.31%), Fat: 2.95g (4.53%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 13.94g (5.07%), Sugar: 5.4g (6%), Cholesterol: 0mg (0%), Sodium: 251.93mg (10.95%), Alcohol: 4.2g (100%), Alcohol %: 1.78% (100%), Protein: 2.53g (5.06%), Vitamin A: 3681.34IU (73.63%), Copper: 0.33mg (16.65%), Manganese: 0.3mg (15.01%), Selenium: 8.99µg (12.84%), Vitamin B2: 0.2mg (11.97%), Fiber: 2.94g (11.75%), Potassium: 389.15mg (11.12%), Vitamin C: 8.8mg (10.67%), Vitamin B5: 1.06mg (10.58%), Vitamin B6: 0.21mg (10.26%), Vitamin B3: 1.85mg (9.27%), Vitamin K: 9.64µg (9.18%), Folate: 36.04µg (9.01%), Phosphorus: 76.4mg (7.64%), Vitamin B1: 0.11mg (7.13%), Iron: 1.21mg (6.74%), Magnesium: 22.16mg (5.54%), Calcium: 51.45mg (5.14%), Vitamin E: 0.73mg (4.87%), Zinc: 0.73mg (4.84%)