



Roasted Mushrooms and Shallots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce baby portobello mushrooms quartered
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 6 ounce shallots peeled quartered
- ☐ 3.5 ounce mushroom caps quartered

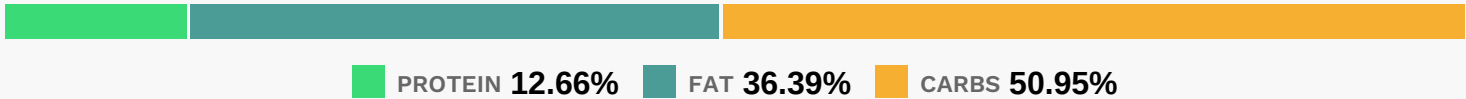
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Add mushrooms and shallots; toss to coat.
- ☐ Spread mushroom mixture in a single layer in a jelly-roll pan coated with cooking spray.
- ☐ Bake at 450 for 15 minutes (do not stir).

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:1.6, Inflammation Score:-2, Nutrition Score:5.2639130297238%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 58.58kcal (2.93%), Fat: 2.59g (3.99%), Saturated Fat: 0.35g (2.22%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 6.25g (2.27%), Sugar: 3.59g (3.99%), Cholesterol: 0mg (0%), Sodium: 105.62mg (4.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Selenium: 8.61µg (12.3%), Vitamin B3: 2.41mg (12.07%), Vitamin B6: 0.23mg (11.39%), Manganese: 0.21mg (10.62%), Potassium: 293.94mg (8.4%), Copper: 0.17mg (8.3%), Phosphorus: 79.81mg (7.98%), Vitamin B5: 0.78mg (7.77%), Fiber: 1.92g (7.67%), Folate: 22.48µg (5.62%), Vitamin B2: 0.09mg (5.49%), Vitamin C: 2.89mg (3.51%), Zinc: 0.51mg (3.4%), Iron: 0.6mg (3.32%), Vitamin B1: 0.05mg (3.07%), Magnesium: 10.19mg (2.55%), Vitamin E: 0.36mg (2.39%), Vitamin K: 2.07µg (1.98%), Calcium: 16.76mg (1.68%), Vitamin D: 0.18µg (1.2%)