



 11%  
HEALTH SCORE

## Rosemary Thyme Marinated Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



56 kcal

SIDE DISH

### Ingredients

- 0.5 cup water
- 0.3 cup balsamic vinegar
- 1 tablespoon olive oil
- 2 cloves garlic finely chopped
- 0.5 teaspoon rosemary finely chopped for garnish if preferred (plus extra )
- 0.5 teaspoon thyme leaves for garnish if preferred (plus extra )
- 0.1 teaspoon pepper red crushed
- 3 cups mushrooms whole

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## Equipment

bowl

sauce pan

plastic wrap

## Directions

Combine water, vinegar, oil, garlic, rosemary, thyme, and red pepper flakes in a medium saucepan. Bring to a boil, then cover and lower heat to simmer; cook 10 minutes.

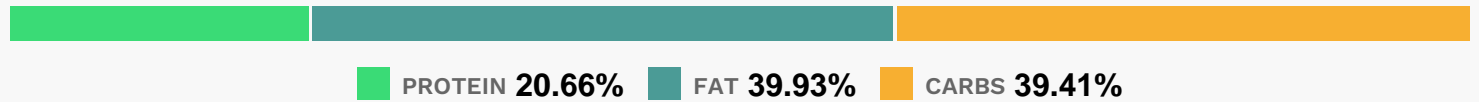
Add mushrooms and cook, covered, over low heat, stirring occasionally, for 5–7 minutes or until mushrooms are fork-tender.

Transfer to a serving bowl, cover with plastic wrap, and refrigerate 2 hours; stir occasionally.

To serve, drain mushrooms from marinade and serve.

Optional: For added color, add a pinch of the herbs and pepper flakes and toss before serving.

## Nutrition Facts



## Properties

Glycemic Index:43.17, Glycemic Load:2, Inflammation Score:-2, Nutrition Score:6.3130434782609%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Taste

Sweetness: 23.67%, Saltiness: 100%, Sourness: 23.78%, Bitterness: 37.07%, Savoriness: 78.88%, Fattiness: 60.02%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 56.02kcal (2.8%), Fat: 2.67g (4.12%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 4.92g (1.79%), Sugar: 4.03g (4.48%), Cholesterol: 0mg (0%), Sodium: 9.96mg (0.43%), Protein: 3.11g (6.23%), Vitamin B2: 0.39mg (22.84%), Vitamin B3: 3.48mg (17.4%), Copper: 0.32mg (15.82%), Vitamin B5: 1.44mg (14.44%), Selenium: 9.08µg (12.97%), Potassium: 327.09mg (9.35%), Phosphorus: 87.09mg (8.71%), Vitamin B6: 0.11mg (5.69%), Vitamin B1: 0.08mg (5.33%), Manganese: 0.08mg (4.21%), Folate: 16.46µg (4.12%), Fiber: 1.02g (4.09%), Iron: 0.65mg (3.62%), Zinc: 0.53mg (3.53%), Vitamin C: 2.6mg (3.15%), Magnesium: 11.13mg (2.78%), Vitamin E: 0.36mg (2.42%), Vitamin K: 1.47µg (1.4%), Vitamin D: 0.19µg (1.28%)