



Sautéed Butter-Thyme Mushrooms



Vegetarian



Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon canola oil
- ☐ 16 ounce crimini mushrooms
- ☐ 0.3 cup wine dry white
- ☐ 4 teaspoons thyme sprigs fresh chopped
- ☐ 0.4 teaspoon salt
- ☐ 0.3 cup shallots finely chopped

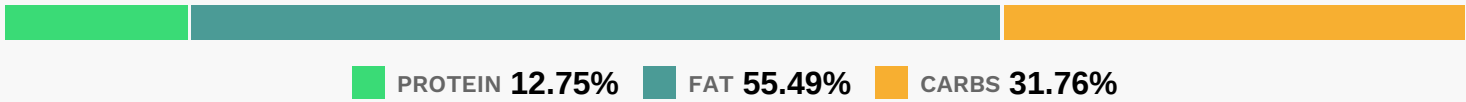
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add oil and shallots; cook 1 minute or until tender.
- ☐ Add salt and mushrooms to pan; cook 13 minutes or until mushrooms are brown and liquid evaporates.
- ☐ Add wine to pan; cook for 2 minutes or until liquid almost evaporates. Stir in thyme, and cook for 30 seconds.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.78, Inflammation Score:-9, Nutrition Score:11.5121739118%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 110.05kcal (5.5%), Fat: 6.5g (10%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 6.94g (2.52%), Sugar: 3.31g (3.68%), Cholesterol: 7.53mg (2.51%), Sodium: 250.28mg (10.88%), Alcohol: 2.06g (100%), Alcohol %: 1.66% (100%), Protein: 3.36g (6.72%), Selenium: 29.72µg (42.45%), Vitamin B2: 0.57mg (33.66%), Copper: 0.59mg (29.6%), Vitamin B3: 4.4mg (21.99%), Vitamin B5: 1.76mg (17.65%), Potassium: 584.68mg (16.71%), Phosphorus: 151.51mg (15.15%), Manganese: 0.26mg (13.13%), Vitamin B6: 0.19mg (9.64%), Zinc: 1.37mg (9.14%), Folate: 34.58µg (8.65%), Vitamin B1: 0.12mg (7.92%), Iron: 1.04mg (5.76%), Fiber: 1.43g (5.73%), Vitamin C: 4.38mg (5.32%), Vitamin E: 0.71mg (4.74%), Magnesium: 18.59mg (4.65%), Calcium: 36.76mg (3.68%), Vitamin A: 183.08IU (3.66%), Vitamin K: 2.94µg (2.8%), Vitamin B12: 0.12µg (1.99%)