



Sautéed Chanterelles



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



18 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 cups chanterelles fresh
- ☐ 1 teaspoon red wine vinegar
- ☐ 8 servings salt and pepper to taste

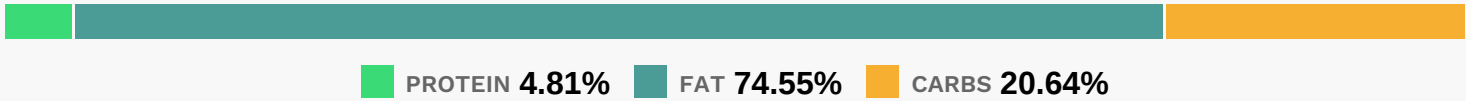
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet; add mushrooms; saut over medium-high heat 15 minutes or until lightly browned. Stir in red wine vinegar. Season with salt and pepper to taste.
- ☐ *Baby portobello mushrooms may be substituted.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1400000095043%

Nutrients (% of daily need)

Calories: 17.8kcal (0.89%), Fat: 1.49g (2.29%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 0.93g (0.31%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.16g (0.18%), Cholesterol: 3.76mg (1.25%), Sodium: 206.31mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Vitamin D: 0.72µg (4.77%), Vitamin B3: 0.55mg (2.76%), Iron: 0.47mg (2.63%), Copper: 0.05mg (2.39%), Fiber: 0.51g (2.05%), Potassium: 69.01mg (1.97%), Manganese: 0.04mg (1.97%), Vitamin B2: 0.03mg (1.74%), Vitamin B5: 0.15mg (1.47%)