



## Sauteed Crimini Mushrooms

 Vegetarian  Gluten Free

READY IN



22 min.

SERVINGS



6

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons butter
- 1.5 pounds crimini mushrooms with damp towel
- 0.5 cup cooking wine dry red
- 2 tablespoons parsley leaves fresh chopped
- 3 tablespoons thyme leaves fresh chopped
- 1 tablespoon olive oil extra-virgin
- 6 servings salt and pepper

### Equipment

frying pan

## Directions

Heat a large skillet over medium high heat.

Add extra-virgin olive oil and butter.

Add mushrooms and season with salt, pepper and thyme then cook 15 minutes until evenly browned and tender.

Add wine and deglaze the pan.

Add parsley and transfer mushrooms to a serving dish.

## Nutrition Facts



**PROTEIN 13.21%** **FAT 59.97%** **CARBS 26.82%**

## Properties

Glycemic Index:21.17, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:12.217391231786%

## Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 2.96mg, Apigenin: 2.96mg, Apigenin: 2.96mg, Apigenin: 2.96mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 99.65kcal (4.98%), Fat: 6.3g (9.69%), Saturated Fat: 2.75g (17.22%), Carbohydrates: 6.34g (2.11%), Net Carbohydrates: 5.12g (1.86%), Sugar: 1.96g (2.18%), Cholesterol: 10.03mg (3.34%), Sodium: 231.71mg (10.07%), Alcohol: 2.1g (100%), Alcohol %: 1.83% (100%), Protein: 3.12g (6.25%), Selenium: 29.53µg (42.19%), Vitamin B2: 0.57mg (33.83%), Copper: 0.59mg (29.43%), Vitamin K: 23.6µg (22.47%), Vitamin B3: 4.39mg (21.96%), Vitamin B5: 1.73mg (17.26%), Potassium: 537.91mg (15.37%), Phosphorus: 141.68mg (14.17%), Manganese: 0.22mg (11.19%), Vitamin C: 7.38mg (8.94%), Zinc: 1.33mg (8.86%), Folate: 32.09µg (8.02%), Vitamin A: 395.23IU (7.9%), Vitamin B1: 0.11mg (7.39%), Vitamin B6: 0.14mg (6.91%), Iron: 1.16mg (6.46%), Fiber: 1.21g (4.86%), Magnesium: 16.57mg (4.14%), Calcium: 37.69mg (3.77%), Vitamin E: 0.47mg (3.1%), Vitamin B12: 0.12µg (2.02%)