



Sautéed Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 pound mushrooms fresh assorted
- ☐ 2 tablespoons olive oil
- ☐ 8 servings salt and pepper
- ☐ 0.3 cup shallots chopped

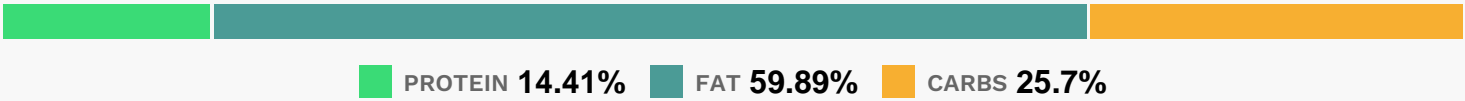
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Trim and discard tough or discolored stem ends and any bruised spots or blemishes from mushrooms. (If you're using shiitakes, remove their entire stems.)
- ☐ For firm mushrooms, wipe dirt off with a damp cloth or rinse thoroughly under cool running water and pat dry.
- ☐ For delicate mushrooms with lots of places for dirt to hide, submerge in a bowl of cool water and gently agitate with your hands to loosen any particles.
- ☐ Drain, rinse thoroughly under running water, and gently pat dry.
- ☐ Slice large, fat mushrooms about 1/4 inch thick; cut thin ones into bite-size pieces; leave small ones whole.
- ☐ Pour olive oil into a 12-inch frying pan or 5- to 6-quart pan over high heat; add mushrooms, shallots, and thyme and stir often until mushrooms are browned, 8 to 10 minutes.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:4.3252173885703%

Nutrients (% of daily need)

Calories: 50.86kcal (2.54%), Fat: 3.71g (5.71%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.9g (2.11%), Cholesterol: 0mg (0%), Sodium: 197.95mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Vitamin B2: 0.23mg (13.55%), Vitamin B3: 2.07mg (10.36%), Copper: 0.19mg (9.51%), Vitamin B5: 0.88mg (8.77%), Selenium: 5.4µg (7.71%), Potassium: 214.32mg (6.12%), Phosphorus: 54.93mg (5.49%), Vitamin B6: 0.09mg (4.68%), Vitamin K: 4.33µg (4.12%), Fiber: 0.93g (3.71%), Vitamin B1: 0.05mg (3.5%), Vitamin E: 0.52mg (3.49%), Folate: 13.33µg (3.33%), Manganese: 0.07mg (3.29%), Iron: 0.58mg (3.21%), Vitamin C: 2.04mg (2.47%), Zinc: 0.34mg (2.28%), Magnesium: 7.45mg (1.86%)