



Sautéed Mushrooms



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 3 teaspoons chives fresh sliced
- ☐ 8 oz mushroom caps fresh stemmed sliced
- ☐ 2 garlic cloves chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 4.5 tablespoons olive oil
- ☐ 8 oz oyster mushrooms stemmed sliced

- ☐ 8 oz portabello mushrooms stemmed cleaned chopped
- ☐ 3 tablespoons shallots minced

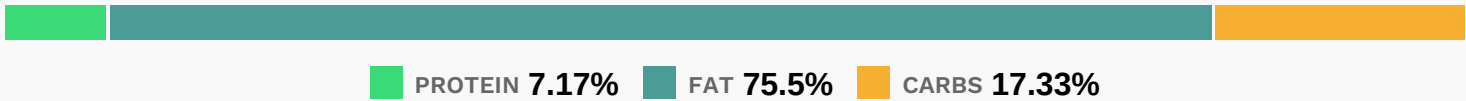
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook shiitake mushrooms in a single layer in 1 1/2 Tbsp. hot oil in a 10- to 12-inch nonstick skillet over high heat, stirring often, 4 to 6 minutes or until browned.
- ☐ Transfer to a medium bowl. Repeat procedure two more times with portobello mushrooms, oyster mushrooms, and remaining oil.
- ☐ Melt butter in skillet over medium-high heat; add shallot, and saut 2 to 3 minutes or until tender. Stir in garlic; cook 1 minute.
- ☐ Add mushrooms, salt, and pepper; toss gently to coat.
- ☐ Remove from heat; stir in chives.
- ☐ Serve warm.
- ☐ *Crimini or button mushrooms may be substituted.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:0.63, Inflammation Score:-2, Nutrition Score:6.5104348128257%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 124.18kcal (6.21%), Fat: 11.08g (17.05%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 3.82g (1.39%), Sugar: 2.01g (2.23%), Cholesterol: 7.53mg (2.51%), Sodium: 178.82mg (7.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin B3: 3.8mg (18.98%), Vitamin B2: 0.2mg (11.81%), Vitamin B5: 1.14mg (11.37%), Selenium: 7.82µg (11.17%), Phosphorus: 101.04mg (10.1%), Copper: 0.2mg (9.92%), Potassium: 327.7mg (9.36%), Vitamin B6: 0.18mg (8.97%), Vitamin E: 1.23mg (8.17%), Manganese: 0.16mg (7.9%), Fiber: 1.91g (7.62%), Folate: 24.21µg (6.05%), Vitamin K: 6.03µg (5.74%), Zinc: 0.69mg (4.61%), Vitamin B1: 0.06mg (4.05%), Iron: 0.7mg (3.91%), Magnesium: 12.19mg (3.05%), Vitamin D: 0.4µg (2.65%), Vitamin A: 118.3IU (2.37%)