Sautéed Mushrooms with Porcinis

Vegetarian Vegan Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	6	53 kcal

SIDE DISH

Ingredients

- [ ] 0.3 teaspoon pepper black
- [ ] 16 ounce pre button mushrooms
- [ ] 1 ounce porcini mushrooms dried
- [ ] 2 tablespoons flat-leaf parsley fresh minced
- [ ] 2 garlic cloves minced
- [ ] 1 tablespoon olive oil
- [ ] 0.5 teaspoon salt
- [ ] 1 cup water

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] sieve

Directions

- [ ] Soak the porcini mushrooms with 1 cup water in a bowl; cover and let stand for 15 minutes or until softened.
- [ ] Drain the mushrooms in a fine sieve over a bowl, reserving liquid.
- [ ] Put oil and garlic in a large skillet over medium-high heat; saut until garlic sizzles.
- [ ] Add porcinis, reserved mushroom liquid, and parsley; cook until the liquid evaporates.
- [ ] Add the button mushrooms, salt, and pepper; cook for 15 minutes or until the liquid has evaporated.

Nutrition Facts

PROTEIN **18.87%** FAT **38.87%** CARBS **42.26%**

Properties

Glycemic Index:21, Glycemic Load:0.66, Inflammation Score:-2, Nutrition Score:8.378695656424%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 53.42kcal (2.67%), Fat: 2.66g (4.09%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 5.11g (1.86%), Sugar: 1.62g (1.8%), Cholesterol: 0mg (0%), Sodium: 201.14mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Copper: 0.5mg (24.85%), Vitamin K: 23.42µg (22.31%), Vitamin B5: 2.18mg (21.78%), Vitamin B2: 0.37mg (21.56%), Vitamin B3: 3.42mg (17.1%), Selenium: 9.36µg (13.37%), Potassium: 325.45mg (9.3%), Phosphorus: 81.34mg (8.13%), Vitamin B6: 0.14mg (6.9%), Manganese: 0.12mg (6.05%), Folate: 22.62µg (5.66%), Fiber: 1.39g (5.54%), Vitamin B1: 0.08mg (5.24%), Zinc: 0.79mg (5.24%), Vitamin

C: 3.84mg (4.65%), Magnesium: 14.5mg (3.62%), Iron: 0.58mg (3.23%), Vitamin E: 0.36mg (2.37%), Vitamin A: 112.87IU (2.26%), Vitamin D: 0.34µg (2.24%)