



Sautéed Oyster Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 1 pound oyster mushrooms (trimmed cut into 1-inch pieces), stems
- ☐ 1 tablespoon vegetable oil

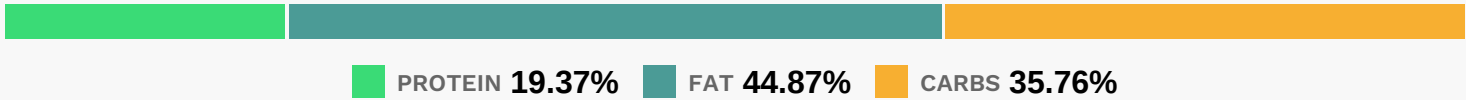
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat until hot. Sauté mushrooms with 1/2 teaspoon salt until golden, about 8 minutes.
- ☐ Add vinegar and sauté until evaporated, about 1 minute. Season with salt, then transfer to a plate to cool.
- ☐ Serve at room temperature.
- ☐ Mushrooms can be made 4 hours ahead and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.1078260851943%

Nutrients (% of daily need)

Calories: 34kcal (1.7%), Fat: 1.93g (2.97%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.16g (0.79%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 10.27mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.75%), Vitamin B3: 2.81mg (14.05%), Vitamin B2: 0.2mg (11.64%), Vitamin B5: 0.73mg (7.34%), Copper: 0.14mg (6.92%), Potassium: 239.05mg (6.83%), Phosphorus: 68.14mg (6.81%), Folate: 21.55µg (5.39%), Fiber: 1.3g (5.22%), Vitamin B1: 0.07mg (4.72%), Iron: 0.76mg (4.21%), Manganese: 0.07mg (3.36%), Vitamin B6: 0.06mg (3.12%), Vitamin K: 3.13µg (2.98%), Zinc: 0.44mg (2.91%), Vitamin D: 0.4µg (2.65%), Magnesium: 10.27mg (2.57%), Selenium: 1.48µg (2.11%)