



WHATSheATE



Sautéed Shiitake Mushrooms



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 8 ounces mushroom caps
- ☐ 0.3 cup teriyaki sauce prepared (scant)

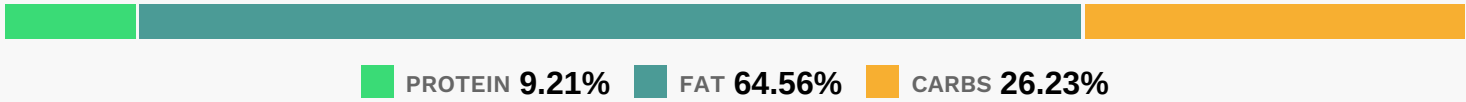
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a medium skillet over medium heat.
- ☐ Add mushrooms and cook, tossing occasionally, until tender and golden brown, 8–10 minutes.
- ☐ Add 2 tablespoons water to skillet and cook, tossing mushrooms occasionally, until water is evaporated and mushrooms are tender, about 2 minutes longer.
- ☐ Transfer mushrooms to a medium bowl and toss with teriyaki sauce.
- ☐ DO AHEAD: Mushrooms can be made 5 days ahead; cover and chill.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:2.265652158986%

Nutrients (% of daily need)

Calories: 48.59kcal (2.43%), Fat: 3.64g (5.6%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.94g (2.16%), Cholesterol: 0mg (0%), Sodium: 347.32mg (15.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin B3: 1.21mg (6.07%), Vitamin B6: 0.09mg (4.6%), Phosphorus: 45.61mg (4.56%), Vitamin B5: 0.44mg (4.43%), Vitamin B2: 0.07mg (3.99%), Vitamin E: 0.5mg (3.36%), Manganese: 0.07mg (3.26%), Potassium: 106.47mg (3.04%), Fiber: 0.72g (2.87%), Magnesium: 11.16mg (2.79%), Copper: 0.05mg (2.46%), Selenium: 1.71µg (2.45%), Zinc: 0.3mg (2.01%), Vitamin K: 2.11µg (2.01%), Iron: 0.29mg (1.6%), Folate: 4.41µg (1.1%)