



Simply Marinated Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



505 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- 3 tablespoons parsley dried
- 1 teaspoon thyme dried
- 1.5 pounds mushrooms fresh
- 3 teaspoons garlic minced
- 0.5 teaspoon pepper black
- 3 tablespoons juice of lemon fresh
- 0.3 cup olive oil
- 0.1 teaspoon onion powder

1 teaspoon salt

1 cup water

Equipment

bowl

whisk

pot

Directions

In a large pot, bring water to a boil.

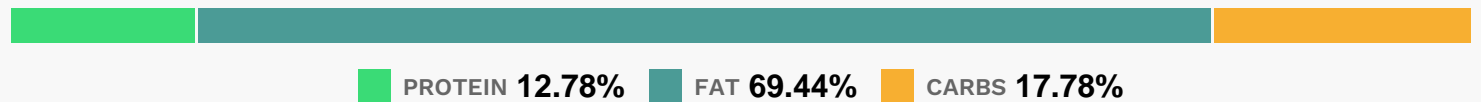
Add mushrooms and simmer for 10 minutes.

Remove from heat and drain.

In a large bowl, whisk together the olive oil, thyme, salt, lemon juice, garlic, pepper, parsley and onion powder.

Add mushrooms and toss until coated. Chill in marinade overnight, and reheat to serve.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.98, Inflammation Score:-5, Nutrition Score:9.5539130775825%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 112.33kcal (5.62%), Fat: 9.48g (14.59%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 3.9g (1.42%), Sugar: 2.53g (2.81%), Cholesterol: 0mg (0%), Sodium: 400.41mg (17.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin B2: 0.48mg (28.44%), Vitamin K: 22.17µg (21.11%),

Vitamin B3: 4.22mg (21.1%), Copper: 0.38mg (19.23%), Vitamin B5: 1.73mg (17.3%), Selenium: 10.93µg (15.61%), Potassium: 405.33mg (11.58%), Manganese: 0.21mg (10.66%), Phosphorus: 105.51mg (10.55%), Vitamin E: 1.42mg (9.49%), Vitamin C: 7.09mg (8.6%), Vitamin B6: 0.15mg (7.53%), Vitamin B1: 0.1mg (6.66%), Fiber: 1.57g (6.26%), Iron: 1.1mg (6.09%), Folate: 23.13µg (5.78%), Zinc: 0.68mg (4.56%), Magnesium: 16.13mg (4.03%), Calcium: 23.53mg (2.35%), Vitamin D: 0.23µg (1.51%)