

Skillet Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



6

CALORIES



27 kcal

SIDE DISH

Ingredients

- ☐ 24 ounce mushrooms fresh halved
- ☐ 2 cloves garlic crushed
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 teaspoon salt

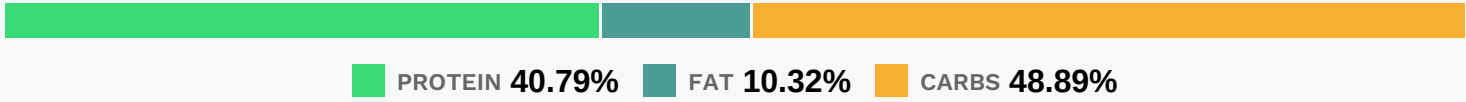
Equipment

- ☐ frying pan

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add mushrooms and next 4 ingredients. Cook, stirring constantly, 3 minutes or until mushrooms are lightly browned and tender.
- ☐ Add lemon juice, tossing to combine.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.93, Inflammation Score:-1, Nutrition Score:7.1873912529453%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 27.46kcal (1.37%), Fat: 0.4g (0.62%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.06g (1.11%), Sugar: 2.3g (2.56%), Cholesterol: 0mg (0%), Sodium: 102.81mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.19%), Vitamin B2: 0.46mg (26.96%), Vitamin B3: 4.11mg (20.55%), Copper: 0.37mg (18.31%), Vitamin B5: 1.71mg (17.08%), Selenium: 10.7µg (15.29%), Potassium: 369.56mg (10.56%), Phosphorus: 99.56mg (9.96%), Vitamin B6: 0.13mg (6.65%), Vitamin B1: 0.09mg (6.31%), Fiber: 1.25g (5.01%), Folate: 20.05µg (5.01%), Manganese: 0.09mg (4.47%), Zinc: 0.61mg (4.05%), Vitamin C: 3.34mg (4.05%), Iron: 0.66mg (3.64%), Magnesium: 11.15mg (2.79%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.19µg (1.13%)