



## Skillet Mushrooms and Water Chestnuts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 8 ounce water chestnuts drained sliced canned
- 2 garlic cloves minced
- 2 tablespoons green onions thinly sliced
- 1 tablespoon soya sauce low-sodium
- 16 ounce pre mushrooms
- 0.3 teaspoon salt
- 0.3 teaspoon sesame oil toasted

1 teaspoon sesame oil

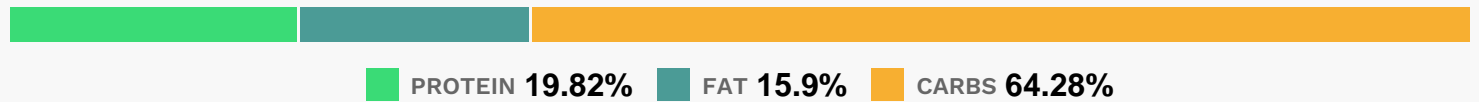
## Equipment

frying pan

## Directions

- Heat oils in a large nonstick skillet over medium-high heat.
- Add garlic and mushrooms; cook, stirring occasionally, 7 to 8 minutes or just until tender.
- Add water chestnuts and remaining ingredients, and cook 1 minute or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:31.5, Glycemic Load:1.02, Inflammation Score:-2, Nutrition Score:9.9017391412154%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 86.01kcal (4.3%), Fat: 1.72g (2.64%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 12.09g (4.4%), Sugar: 4.53g (5.03%), Cholesterol: 0mg (0%), Sodium: 302.58mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin B2: 0.49mg (28.9%), Copper: 0.46mg (22.99%), Vitamin B3: 4.49mg (22.43%), Vitamin B5: 1.85mg (18.49%), Selenium: 11.43µg (16.32%), Vitamin B6: 0.29mg (14.29%), Potassium: 495mg (14.14%), Fiber: 3.51g (14.06%), Phosphorus: 124.77mg (12.48%), Manganese: 0.21mg (10.39%), Iron: 1.48mg (8.2%), Vitamin B1: 0.11mg (7.19%), Folate: 28.13µg (7.03%), Zinc: 0.99mg (6.58%), Vitamin K: 6.78µg (6.46%), Vitamin C: 4.55mg (5.51%), Magnesium: 18.69mg (4.67%), Vitamin E: 0.51mg (3.38%), Vitamin D: 0.23µg (1.51%), Calcium: 13.52mg (1.35%)