



Soy-Glazed Shiitake Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



44 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 1 tablespoon brown sugar raw
- ☐ 3 ounces mushroom caps dried
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 0.5 teaspoon sesame seed toasted

Equipment

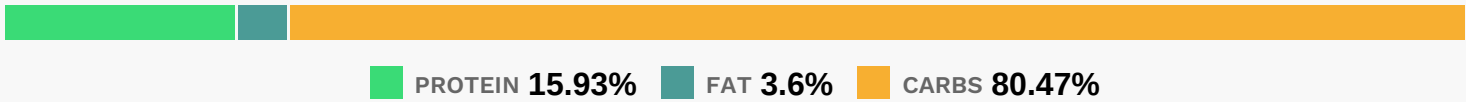
- ☐ bowl
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Bring 3 cups dried shiitake mushrooms(about 3 ounces), 1/3 cup reduced-sodium soysauce, 1 tablespoon raw or brown sugar, and1 cup water to a boil in a small saucepan.Cover pan; reduce heat to medium-low.Simmer, stirring occasionally, untilmushrooms are softened and all liquid isabsorbed, 12–15 minutes.
- ☐ Let mushrooms cool slightly, then thinlyslicing.
- ☐ Transfer to a small bowl, add 1/2 teaspoontoasted sesame seeds, and season withfreshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:5.8313043393681%

Nutrients (% of daily need)

Calories: 44.19kcal (2.21%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 8.83g (3.21%), Sugar: 1.74g (1.94%), Cholesterol: 0mg (0%), Sodium: 384.34mg (16.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Copper: 0.56mg (28.07%), Vitamin B5: 2.36mg (23.63%), Vitamin B2: 0.16mg (9.47%), Manganese: 0.19mg (9.34%), Vitamin B3: 1.63mg (8.14%), Selenium: 5.02µg (7.17%), Vitamin B6: 0.12mg (6.07%), Zinc: 0.91mg (6.06%), Potassium: 204.39mg (5.84%), Folate: 22.16µg (5.54%), Magnesium: 22.11mg (5.53%), Fiber: 1.34g (5.35%), Phosphorus: 49.9mg (4.99%), Vitamin D: 0.41µg (2.76%), Vitamin B1: 0.04mg (2.48%), Iron: 0.36mg (2.03%)