



Spiced Mushrooms with Herbs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons coriander seeds
- ☐ 2 teaspoons flat-leaf parsley fresh chopped
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1.5 lb mushrooms with caps trimmed ()
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 2 teaspoons oregano fresh chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon allspice whole

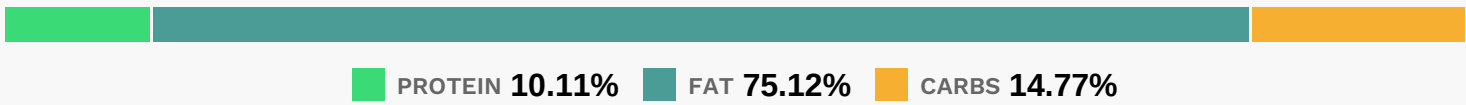
Equipment

- ☐ frying pan
- ☐ mortar and pestle

Directions

- ☐ Finely grind coriander and allspice in an electric coffee/spice grinder or with a mortar and pestle.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté mushrooms with spices, stirring occasionally, just until tender, 10 to 12 minutes. Stir in lemon juice, 1 teaspoon of each herb, and salt and pepper.
- ☐ Remove from heat and cool to warm or room temperature. Stir in remaining herbs.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:8.7713042717913%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 135.06kcal (6.75%), Fat: 12.28g (18.9%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 3.52g (1.28%), Sugar: 2.37g (2.63%), Cholesterol: 0mg (0%), Sodium: 200.81mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin B2: 0.46mg (27.22%), Vitamin B3: 4.17mg (20.84%), Copper: 0.38mg (18.89%), Vitamin B5: 1.71mg (17.1%), Selenium: 10.78µg (15.4%), Vitamin E: 1.82mg (12.13%), Vitamin K: 11.85µg (11.29%), Potassium: 391.53mg (11.19%), Phosphorus: 102.64mg (10.26%), Fiber: 1.91g (7.64%), Manganese: 0.14mg (6.77%), Vitamin B1: 0.1mg (6.43%), Vitamin B6: 0.13mg (6.43%), Iron: 1.06mg (5.89%), Folate: 22.01µg

(5.5%), Vitamin C: 4.36mg (5.29%), Zinc: 0.65mg (4.34%), Magnesium: 15.73mg (3.93%), Calcium: 25.16mg (2.52%),
Vitamin D: 0.23µg (1.51%)