



Spicy Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce button mushrooms sliced
- ☐ 1 teaspoon chili paste depending on your taste pref with garlic
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon ginger minced peeled
- ☐ 1 tablespoon hoisin sauce
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 teaspoons blackstrap molasses

- ☐ 6 ounce pre portobello mushrooms
- ☐ 1 tablespoon rice vinegar
- ☐ 3.5 ounce mushroom caps

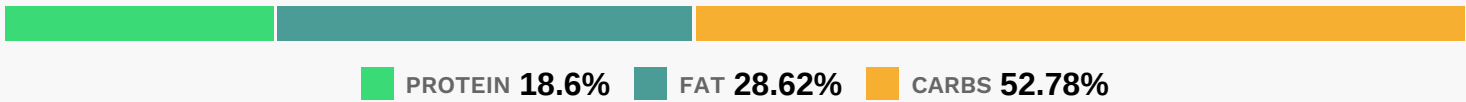
Equipment

- ☐ frying pan

Directions

- ☐ Remove stems from shiitake mushrooms; discard. Slice shiitake mushroom caps; set aside.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add ginger, chili paste, and garlic; saut 1 minute.
- ☐ Add shiitake mushroom caps, button mushrooms, and portobello mushrooms; saut 3 minutes.
- ☐ Add remaining ingredients; cook 1 minute or until sauce thickens.
- ☐ Serve warm, at room temperature, or chilled.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:5.8239130180167%

Flavonoids

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: 49.89kcal (2.49%), Fat: 1.76g (2.71%), Saturated Fat: 0.25g (1.53%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 6g (2.18%), Sugar: 4.44g (4.93%), Cholesterol: 0.08mg (0.03%), Sodium: 146.53mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin B3: 3.39mg (16.96%), Selenium: 10.38µg (14.83%), Vitamin B2: 0.24mg (14.06%), Copper: 0.25mg (12.39%), Vitamin B5: 1.17mg (11.75%), Potassium: 332.28mg (9.49%), Phosphorus: 90.28mg (9.03%), Vitamin B6: 0.17mg (8.34%), Manganese: 0.15mg (7.5%), Fiber: 1.3g (5.21%), Folate: 18.54µg (4.64%), Magnesium: 15.71mg (3.93%), Zinc: 0.57mg (3.8%), Vitamin B1: 0.05mg (3.67%), Iron: 0.55mg (3.05%), Vitamin C: 1.31mg (1.59%), Vitamin D: 0.23µg (1.51%), Calcium: 11.08mg (1.11%)