



HEALTH SCORE

52%

Stir-Fried King Oyster Mushrooms with Pickled Mustard Green



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cloves garlic sliced
- ☐ 250 g king oyster mushroom cut into matchsticks
- ☐ 1 can pickled mustard green sliced (net weight 140 g)
- ☐ 1 chili red sliced
- ☐ 2 servings sesame oil
- ☐ 0.3 tsp sugar

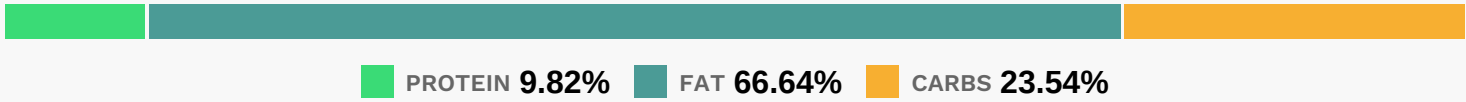
Equipment

☐ frying pan

Directions

☐ Heat up a bit of oil in a pan.

Nutrition Facts



Properties

Glycemic Index:72.55, Glycemic Load:1.53, Inflammation Score:-5, Nutrition Score:12.523478311041%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 182.89kcal (9.14%), Fat: 14.64g (22.52%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 8.31g (3.02%), Sugar: 3.16g (3.51%), Cholesterol: 0mg (0%), Sodium: 26.68mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Vitamin C: 33.74mg (40.9%), Vitamin B3: 6.51mg (32.54%), Vitamin B2: 0.46mg (27.11%), Potassium: 619.77mg (17.71%), Copper: 0.35mg (17.38%), Vitamin B5: 1.69mg (16.91%), Phosphorus: 166.77mg (16.68%), Vitamin B6: 0.31mg (15.38%), Fiber: 3.32g (13.29%), Folate: 53.02µg (13.25%), Manganese: 0.26mg (12.99%), Vitamin B1: 0.18mg (12.1%), Iron: 1.97mg (10.96%), Magnesium: 28.86mg (7.22%), Zinc: 1.07mg (7.16%), Vitamin D: 0.88µg (5.83%), Selenium: 4.01µg (5.73%), Vitamin A: 275.55IU (5.51%), Vitamin K: 5.76µg (5.49%), Vitamin E: 0.36mg (2.37%), Calcium: 15.29mg (1.53%)