



 4%
HEALTH SCORE

Stir Fry Mushrooms In Butter, Garlic And White Wine

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 200 grams mushrooms fresh sliced
- 200 grams mushrooms fresh sliced
- 100 grams mushrooms white sliced
- 100 grams mushrooms white sliced
- 1 head garlic sliced
- 3 tablespoons butter
- 1 tablespoon wine

- 1 tablespoon teriyaki sauce
- 1 tablespoon balsamic vinegar
- 0.5 ts pepper black
- 0.5 ts salt
- 0.3 ts cooking oil
- 0.3 cup parsley chopped
- 0.3 cup spring onion diced

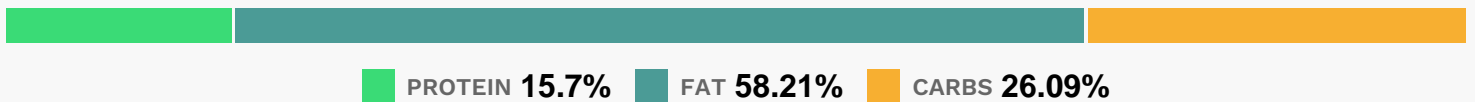
Equipment

- frying pan

Directions

- Melt butter in frying pan, add garlic and stir fry till fragrant.
- Add mushrooms and stir fry for 1/2 min.
- Add white wine and let it evaporate. Fry for another 1 min, add salt, black pepper, balsamic vinegar, teriyaki sauce and chilly oil. Fry for another minute. Turn heat to low and add parsley and spring onions and mix well and transfer to serving plate.

Nutrition Facts



Properties

Glycemic Index:92.25, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:15.021739130435%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Taste

Sweetness: 21.68%, Saltiness: 100%, Sourness: 23.89%, Bitterness: 34.01%, Savoriness: 79.94%, Fattiness: 67.2%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 135.47kcal (6.77%), Fat: 9.39g (14.44%), Saturated Fat: 5.51g (34.42%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 7.5g (2.73%), Sugar: 4.49g (4.99%), Cholesterol: 22.58mg (7.53%), Sodium: 543.47mg (23.63%), Alcohol: 0.39g (2.15%), Protein: 5.7g (11.39%), Vitamin K: 75.71µg (72.11%), Vitamin B2: 0.63mg (36.88%), Vitamin B3: 5.61mg (28.06%), Copper: 0.52mg (25.81%), Vitamin B5: 2.33mg (23.31%), Selenium: 15.15µg (21.64%), Potassium: 564.6mg (16.13%), Phosphorus: 155.28mg (15.53%), Vitamin C: 11.5mg (13.94%), Vitamin B6: 0.26mg (12.85%), Vitamin A: 641.92IU (12.84%), Manganese: 0.23mg (11.49%), Vitamin B1: 0.14mg (9.62%), Folate: 36.14µg (9.04%), Fiber: 1.97g (7.88%), Iron: 1.33mg (7.37%), Zinc: 0.95mg (6.33%), Magnesium: 22.41mg (5.6%), Calcium: 32.64mg (3.26%), Vitamin E: 0.38mg (2.51%), Vitamin D: 0.3µg (2%), Vitamin B12: 0.08µg (1.3%)