



Superb Sauteed Mushrooms

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground to taste
- 3 tablespoons butter
- 1 pound button mushrooms sliced
- 1 clove garlic thinly sliced
- 0.3 teaspoon garlic salt to taste
- 3 tablespoons olive oil
- 1 tablespoon teriyaki sauce to taste
- 1 tablespoon red cooking wine

Equipment

sauce pan

Directions

Heat olive oil and butter in a large saucepan over medium heat. Cook and stir mushrooms, garlic, cooking wine, teriyaki sauce, garlic salt, and black pepper in the hot oil and butter until mushrooms are lightly browned, about 5 minutes. Reduce heat to low and simmer until mushrooms are tender, 5 to 8 more minutes.

Nutrition Facts

 **PROTEIN 7.48%**  **FAT 83.33%**  **CARBS 9.19%**

Properties

Glycemic Index:39.75, Glycemic Load:0.92, Inflammation Score:-3, Nutrition Score:8.2865217224411%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 201.61kcal (10.08%), Fat: 19.41g (29.86%), Saturated Fat: 6.9g (43.15%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 3.64g (1.32%), Sugar: 2.92g (3.24%), Cholesterol: 22.58mg (7.53%), Sodium: 391.38mg (17.02%), Alcohol: 0.4g (100%), Alcohol %: 0.35% (100%), Protein: 3.92g (7.84%), Vitamin B2: 0.46mg (27.34%), Vitamin B3: 4.17mg (20.85%), Copper: 0.37mg (18.46%), Vitamin B5: 1.73mg (17.25%), Selenium: 10.82µg (15.46%), Vitamin E: 1.77mg (11.79%), Potassium: 382.48mg (10.93%), Phosphorus: 109.14mg (10.91%), Vitamin K: 7.25µg (6.9%), Vitamin B6: 0.13mg (6.72%), Vitamin B1: 0.1mg (6.37%), Vitamin A: 263.08IU (5.26%), Folate: 20.03µg (5.01%), Fiber: 1.18g (4.72%), Manganese: 0.08mg (4.2%), Iron: 0.75mg (4.14%), Zinc: 0.62mg (4.13%), Magnesium: 13.97mg (3.49%), Vitamin C: 2.62mg (3.17%), Vitamin D: 0.23µg (1.51%), Vitamin B12: 0.06µg (1.05%)