



 **77%**  
HEALTH SCORE

## Warm Wild Mushroom and Roasted Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 pound button mushrooms stemmed quartered
- 2 pints cherry tomatoes
- 0.5 pound crimini mushrooms stemmed quartered
- 1 leaf flat parsley
- 4 large garlic cloves peeled thinly sliced
- 0.3 cup olive oil extra-virgin for drizzling
- 4 servings salt and pepper black freshly ground
- 0.5 pound mushroom caps stemmed quartered

- 4 springs thyme fresh
- 0.5 cup white wine

## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Preheat oven 425 degrees F
- Place a large skillet on the cook top with the extra-virgin olive oil and the sliced garlic, spread out the garlic so it is in an even layer in the oil.
- Place the skillet over medium heat and slowly brown the garlic stirring every now and then until golden all over, 4 to 5 minutes.
- Once you have the garlic going, place the tomatoes on a cookie sheet and drizzle with some extra-virgin olive oil and season with some salt and pepper.
- Place in the oven and roast for 8 to 10 minutes or until the tomatoes start to burst.
- Once the garlic is brown remove it from the skillet and reserve. Turn the heat up under the skillet to high, once you see the oil ripple add the mushrooms and spread them out in an even layer.
- Let them cook for about 4 minutes without moving.. Go ahead and give them a stir, add the thyme sprigs and season with some freshly ground black pepper, continue to cook for another 5 minutes stirring every now and then.
- Add the white wine and cook until it has almost completely evaporated, add some salt and stir to combine.
- Remove the stems of thyme and discard.
- Transfer the mushrooms to a serving platter, add the roasted tomatoes and the parsley and stir to combine.
- Sprinkle with the garlic chips and serve hot, warm, room temperature.

## Nutrition Facts



■ PROTEIN 11.83% ■ FAT 54.7% ■ CARBS 33.47%

## Properties

Glycemic Index:54.5, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:22.922173888787%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

## Nutrients (% of daily need)

Calories: 236.57kcal (11.83%), Fat: 14.32g (22.04%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 15.5g (5.64%), Sugar: 9.66g (10.73%), Cholesterol: 0mg (0%), Sodium: 39.89mg (1.73%), Alcohol: 3.09g (100%), Alcohol %: 0.86% (100%), Protein: 6.97g (13.94%), Vitamin C: 58mg (70.31%), Vitamin B2: 0.69mg (40.81%), Vitamin B3: 7.73mg (38.67%), Copper: 0.74mg (36.96%), Selenium: 24.89µg (35.56%), Potassium: 1164.71mg (33.28%), Manganese: 0.6mg (30.08%), Vitamin B5: 2.89mg (28.93%), Vitamin B6: 0.53mg (26.53%), Phosphorus: 257.9mg (25.79%), Vitamin A: 1226.3IU (24.53%), Vitamin E: 3.29mg (21.9%), Vitamin K: 19.19µg (18.27%), Fiber: 4.22g (16.87%), Folate: 63.18µg (15.79%), Iron: 2.76mg (15.33%), Vitamin B1: 0.2mg (13.45%), Zinc: 1.93mg (12.84%), Magnesium: 48.48mg (12.12%), Calcium: 52.17mg (5.22%), Vitamin D: 0.4µg (2.65%), Vitamin B12: 0.08µg (1.32%)