



Yu Bo's Shiitake Mushrooms with Scallions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

Ingredients

- 1 tablespoon vegetable oil; peanut oil preferred
- 1 lb mushroom caps fresh
- 4 large garlic clove thinly sliced
- 12 spring onion white green with side of a heavy knife and coarsely chopped crushed (and pale parts only)
- 16 fl. oz. chicken broth
- 0.5 teaspoon salt
- 0.3 lb bacon sliced
- 0.3 teaspoon pepper white

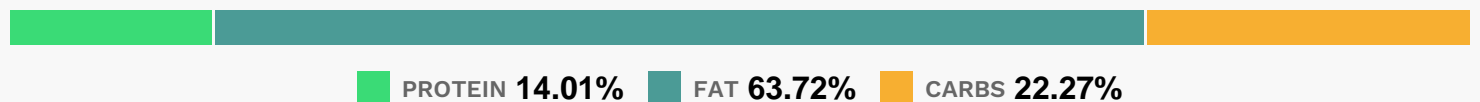
Equipment

- bowl
- frying pan
- paper towels
- wok
- slotted spoon

Directions

- Heat a wok or 12-inch heavy skillet over high heat until a bead of water dropped onto cooking surface evaporates immediately.
- Add oil, swirling it around wok, and heat until it begins to smoke.
- Add bacon and stir-fry until brown and crisp, about 3 minutes.
- Transfer with a slotted spoon to paper towels to drain and reserve for another use.
- Add scallions and garlic to bacon fat and stir-fry until fragrant, about 1 minute.
- Pour broth down side of wok (it will bubble vigorously), add salt and white pepper, and bring to a boil.
- Add mushrooms, then reduce heat and simmer, uncovered, turning occasionally, until tender, about 5 minutes.
- Transfer mushrooms to a bowl with a slotted spoon and, when cool enough to handle, cut into 1/4-inch-thick slices.
- Drizzle liquid over mushrooms if desired.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:2.38, Inflammation Score:-5, Nutrition Score:15.114782665087%

Flavonoids

Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 211.17kcal (10.56%), Fat: 15.64g (24.06%), Saturated Fat: 4.39g (27.45%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 8.44g (3.07%), Sugar: 4.08g (4.53%), Cholesterol: 21.08mg (7.03%), Sodium: 933.66mg (40.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.47%), Vitamin K: 74.6µg (71.04%), Vitamin B3: 6.01mg (30.03%), Vitamin B6: 0.47mg (23.35%), Vitamin B2: 0.37mg (21.83%), Manganese: 0.43mg (21.61%), Vitamin B5: 1.91mg (19.14%), Phosphorus: 190.69mg (19.07%), Selenium: 13.28µg (18.97%), Fiber: 3.87g (15.47%), Potassium: 533.69mg (15.25%), Zinc: 1.76mg (11.75%), Copper: 0.23mg (11.54%), Vitamin B1: 0.15mg (9.73%), Folate: 37.88µg (9.47%), Vitamin C: 7.73mg (9.37%), Magnesium: 35.33mg (8.83%), Vitamin A: 372.04IU (7.44%), Iron: 1.27mg (7.05%), Vitamin E: 0.92mg (6.13%), Calcium: 40.28mg (4.03%), Vitamin D: 0.57µg (3.78%), Vitamin B12: 0.17µg (2.76%)