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Spicy Summer Mushrooms ♦

A delicious vegetarian recipe featuring spicy summer mushrooms. This dish is perfect for the summer season and can be enjoyed as a side dish or a main course. The mushrooms are sautéed with a blend of spices to create a flavorful and satisfying dish.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Mushrooms
2 tbsp	olive oil
3 cloves	garlic
1 tsp	red chili flakes
1 tsp	salt

1 tsp black pepper

1 tbsp lemon juice

Directions

Step 1

Cut

Clean the mushrooms and slice them.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat olive oil in a pan and add minced garlic.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Sautéing

Add sliced mushrooms to the pan and cook until they release their moisture.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Sprinkling

Sprinkle red chili flakes, salt, and black pepper over the mushrooms.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Stirring

Cook for another 2 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Remove from heat and squeeze fresh lemon juice over the mushrooms.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 80 kcal

Fat: 2 g

Protein: 4 g

Carbohydrates: 14 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	14 g	25.45%	28%
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	450 mg	13.24%	17.31%
Zinc	4 mg	36.36%	50%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving

Cuisines

Italian Chinese Greek American

Course

Appetizers Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Demographics

Allergy Friendly

Diet

DASH Diet (Dietary Approaches to Stop Hypertension) Macrobiotic Diet

Vegetarian Diet

Cooking Method

Frying

Boiling

Sautéing

None

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Medium

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