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Marinated Mushroom ·•

A delicious vegetarian recipe featuring marinated mushrooms. This recipe is perfect for a light lunch or appetizer. The mushrooms are marinated in a flavorful blend of herbs and spices, resulting in a savory and tangy dish.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

250 g	Mushrooms
3 tbsp	olive oil
2 cloves	garlic
2 tbsp	lemon juice
1 tbsp	soy sauce

1 tsp	Dried Thyme
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Preparation

Clean the mushrooms and remove the stems.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, whisk together olive oil, garlic, lemon juice, soy sauce, dried thyme, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Marinating

Add the mushrooms to the marinade and toss to coat evenly. Let the mushrooms marinate for at least 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Grilling

Heat a grill pan over medium-high heat. Grill the mushrooms for about 5 minutes on each side, or until they are tender and slightly charred.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Resting

Remove the mushrooms from the grill pan and let them cool slightly before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 80 kcal

Fat: 7 g

Protein: 3 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	5 mg	5.56%	6.67%
Vitamin B6	4 mg	307.69%	307.69%
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	350 mg	15.22%	15.22%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	8 mg	0.24%	0.31%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Snacks

Sauces & Dressings

Cooking Method

Steaming

Blanching

Sautéing

Smoking

Whipping

Simmering

Plating

Serving

Stir-frying

Mashing

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Stove

Meal Type

Brunch

Supper

Difficulty Level

Medium

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