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Sauteed Garlic Mushrooms ♦

Sauteed garlic mushrooms are a delicious and versatile dish that can be enjoyed as a side dish or added to pasta, rice, or salads. The mushrooms are cooked in garlic-infused olive oil, which gives them a rich and savory flavor. This recipe is quick and easy to make, making it perfect for a weeknight dinner or a last-minute addition to a potluck or dinner party.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

500 g	Mushrooms
4 cloves	garlic
2 tbsp	olive oil
1 teaspoon	Salt

0.5 Black pepper
teaspoon

2 tbsp fresh parsley

Directions

Step 1

Preparation

Clean and slice the mushrooms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Mince the garlic cloves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a large skillet over medium heat.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Stove

Add the minced garlic to the skillet and cook for 1 minute, until fragrant.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Stove

Add the sliced mushrooms to the skillet and cook for 10-12 minutes, stirring occasionally, until the mushrooms are tender and golden brown.

Prep Time: 0 mins

Cook Time: 12 mins

Step 6

Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Garnish with fresh parsley before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 80 kcal

Fat: 5 g

Protein: 3 g

Carbohydrates: 6 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	6 g	10.91%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	2 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	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	4 mg	4.44%	5.33%
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%
Potassium	8 mg	0.24%	0.31%
Zinc	4 mg	36.36%	50%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Cuisines

Italian Chinese Indian Mexican French Thai Japanese
Mediterranean Greek Spanish German Korean Vietnamese American
Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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