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Mushroom Topping ♦♦

A delicious mushroom topping that can be used on various dishes. It adds a rich and earthy flavor to any meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

300 g	Mushrooms
2 tbsp	olive oil
3 cloves	garlic
1 teaspoon	salt
1 teaspoon	black pepper

1 thyme
teaspoon

Directions

Step 1

Cut

Clean the mushrooms and slice them.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 3

Stove

Add garlic to the pan and sauté for 1 minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Stove

Add mushrooms, salt, black pepper, and thyme to the pan. Cook for 10 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 50 kcal

Fat: 3 g

Protein: 2 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
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	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
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	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	6 mg	0.18%	0.23%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Snacks

Cooking Method

Boiling

Steaming

Roasting

Cooking

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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