



## Balsamic Marinated Mushrooms

Great on top of a burger, sandwich, or salad.

| <u>U.S.</u> |                   | <u>Metric</u> |
|-------------|-------------------|---------------|
| 12 oz       | Mushrooms         | 340 g         |
| 3 Tbsp      | Balsamic Vinegar  | 45 mL         |
| 1 Tbsp      | Honey             | 21 g          |
| 1 tsp       | Red Pepper Flakes | 1.5 g         |
| 1/4 cup     | Olive Oil         | 60 mL         |
| 2 cloves    | Garlic, minced    | 2 cloves      |

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat the oven to 400°F (200°C).
3. Thinly slice the mushrooms and set aside.
4. In a medium sized mixing bowl combine balsamic vinegar, honey, red pepper flakes, olive oil, and garlic and whisk until all ingredients are fully incorporated.
5. Add the mushrooms, mix to combine, and allow to marinate for 20-30 minutes.
6. Drain the marinade from the mushrooms, then place the mushrooms on a baking sheet lined with parchment paper or tin foil. Place in the oven and roast for 10-15 minutes.
7. Remove the mushrooms once done and enjoy!

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## Nutrition Facts

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6 Servings

**Serving size**                    **1/4 cup**

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**Amount per serving**

**Calories**                            **110**

Calories from Fat                    80

**Total Fat**                            9 g

    Saturated Fat                    1 g

    Trans Fat                            0 g

    Monounsaturated Fat            7 g

**Cholesterol**                        0 mg

**Sodium**                                160 mg

**Total Carbohydrate**            6 g

    Dietary Fiber                    1 g

    Total Sugars                      4 g

        Includes 3g Added Sugars

**Protein**                                2 g

Vitamin D                              0 %

Calcium                                 0 %

Iron                                        0 %

Potassium                            15 mg

Phosphorus                            3 mg

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