SPANISH · SIDE

Spanish Mushrooms with Onion, Garlic and Tomato

Champiñones con cebolla y ajo

35 min · Serves 4 · 206 kcal a serve · Video 7:44 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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8 g net carbs a serve: mushrooms browned in olive oil, then simmered with onion, garlic, grated tomato, smoked paprika and saffron. No dairy, flour or sugar, and a good source of selenium and vitamin K.

Diet notes: Keto (8.2 g net carbs a serve).

Ingredients 9 · SERVES 4

- [ ] 450 g **white mushrooms**
- [ ] 5 tbsp (75 ml) extra **virgin olive oil**, divided
- [ ] 1 medium **brown onion**, cut into 6 mm rounds
- [ ] 4 **garlic** cloves, roughly chopped
- [ ] 2 **tomatoes**, finely grated
- [ ] ½ tsp **sweet smoked Spanish paprika**
- [ ] ¼ tsp **saffron threads**
- [ ] **sea salt** to taste and black pepper
- [ ] chopped **fresh parsley**, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Slice the onion into rounds about ½ cm thick, chop the garlic and grate the tomatoes. 0:41
2. Rinse the mushrooms in a colander for just a few seconds so they don't soak up water, then pat them completely dry. 1:12
3. Heat a large pan over medium-high, add 3 tbsp olive oil and the mushrooms and toss to coat. Spread them in one layer and leave 2 minutes, then stir and repeat until golden, 6–8 minutes in all. 1:42
4. Season the mushrooms with a little salt and pepper and lift them out of the pan. 2:48
5. Lower the heat to medium, add 2 tbsp olive oil and the onion and cook 6–7 minutes, stirring often, until lightly browned. Stir in the garlic for up to a minute. 3:20
6. Stir in the paprika and saffron, then the grated tomato with salt and pepper. Simmer 3–4 minutes without stirring, until slightly thickened. 4:13
7. Return the mushrooms, simmer 1–2 minutes so they take on the sauce and serve with parsley. 5:12

> **Tip** Leave the mushrooms alone between stirs; that's how they brown instead of steaming.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
206 kcal	4.7 g	11 g	2.7 g	17 g	400 mg
860 kJ	9% of a day	8.2 g net · 5.5 g sugars	10% of a day	2.5 g saturated	17% of a day
		4% of a day		22% of a day	

Energy from net carbs 16% · protein 9% · fat 75% — fits keto: 8.2 g net carbs, 75% of the energy from fat

High in (20%+ of a day) Vitamin K 27% · Selenium 20%

Source of (10–19%) Vitamin E 19% · Vitamin C 18% · Vitamin B6 15% · Potassium 12%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=5PCxp0UyclI. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/champinones-con-cebolla-y-ajo