SPANISH · SIDE · SNACK

Spanish Vinegar and Garlic Mushrooms (Champiñones al Ajo Cabañil)

25 min · Serves 4 · 82 kcal a serve · Video 7:33 · Spain on a Fork

Vegan · Gluten-free ingredients · Nut-free

Mushrooms seared in extra virgin olive oil with garlic and vinegar: about 3 g net carbs and under 100 kcal a serve, with most of the energy from olive oil.

Diet notes: Keto (2.7 g net carbs a serve).

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Ingredients 8 · SERVES 4

- [ ] 5 cloves **garlic**, chopped
- [ ] **sea salt** to taste (a pinch for the garlic paste, more to season)
- [ ] 2 tbsp (8 g) finely chopped **fresh parsley**
- [ ] extra chopped **parsley**, to serve
- [ ] 1/4 cup **white wine vinegar**
- [ ] 12 **button mushrooms**, halved
- [ ] 2 tbsp (2 tbsp) **olive oil**, extra virgin
- [ ] **freshly cracked black pepper**

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

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pound the garlic with a pinch of salt in a mortar to a paste. Stir in the parsley and the vinegar and set aside. 1:08
2. Rinse the mushrooms quickly, pat each one completely dry and halve them lengthwise. 2:45
3. Heat a large frying pan over medium-high heat for 3–4 minutes with nothing in it, then add the olive oil and the mushrooms and toss to coat. 3:20
4. Lay the mushrooms cut side down in one layer and leave them 4 minutes without stirring to get a brown crust, then sauté about 2 minutes more. 4:10
5. Turn the heat to medium-low, add the vinegar and garlic sauce, season with salt and pepper and simmer 4–5 minutes until the sauce is absorbed. 4:49
6. Tip into a dish and scatter with a little more parsley. 5:41

> **Tip** Serve as a tapa or alongside grilled meat, fish or eggs. Red wine or cider vinegar also work, though white wine vinegar is traditional.

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
82 kcal	2 g	3.4 g	0.7 g	7 g	390 mg
340 kJ	4% of a day	2.7 g net · 1.2 g sugars	3% of a day	1 g saturated	17% of a day
		1% of a day		9% of a day	

Energy from net carbs 13% · protein 10% · fat 77% — fits keto: 2.7 g net carbs, 77% of the energy from fat

High in (20%+ of a day) Vitamin K 38%

Source of (10–19%) Selenium 10%

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=AzKKjul5Rs8, published 19 May 2021. 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/spanish-vinegar-garlic-mushrooms