

# Low-Carb Smoky Roasted Mushrooms

Hands-on 10 minutes Overall 20 minutes

**Nutritional values (per serving):** Total carbs: 8.9 g, Fiber: 3.3 g, **Net carbs: 5.6 g,**

Protein: 6.8 g, Fat: 21.4 g, Calories: 237 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 3 side servings)

### Roasted mushrooms:

- 400 g white mushrooms, sliced (14.1 oz)
- 3 tbsp [extra virgin olive oil](#) (45 ml)
- 1 1/2 tsp smoked paprika
- 1/2 tsp sea salt, or to taste
- 1/4 cup parsley, plus more for garnish (15 g/ 0.5 oz)
- 1 tbsp [sesame seeds](#) (9 g/ 0.3 oz)

### Tahini dressing:

- 2 tbsp [tahini](#) sesame paste (32 g/ 1.1 oz)
- 2 tbsp warm water (30 ml)
- 1/4 tsp sea salt
- 1/8 tsp garlic powder
- 2 tbsp fresh lemon juice (30 ml)

## Instructions

1. Preheat oven to 200 °C/ 400 °F (conventional), or 180 °C/ 355 °F (fan assisted). Halve the mushrooms, and add to a baking tray with the oil, paprika and salt, and stir to combine until all of the mushrooms are coated.
2. Bake uncovered for 15 minutes, stirring halfway through.
3. In the meantime, make the tahini dressing by combining all ingredients in a jar and shaking vigorously to combine (alternatively, whisk together in a small bowl). Optionally, add more water for a thinner consistency. *Note: The dressing will make more than you need for this dish, but makes a lovely topping for other veggies and meat.*
4. Remove the mushrooms from the oven, and stir through the parsley.
5. Transfer to a plate, and serve topped with a drizzle of the tahini dressing, sesame seeds and extra parsley.

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)