



Artichoke and Mushroom Salad

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



15

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 ounces baby spinach
- 1 cup cherry tomatoes quartered
- 1 teaspoon dijon mustard
- 0.5 teaspoon herbs de provence
- 12 oz marinated artichoke hearts halved drained quartered
- 1.5 ounces monterey jack cut into small cubes
- 0.3 cup olive oil
- 0.3 cup olives pitted sliced

- 0.3 cup port wine
- 1 tablespoon red wine vinegar
- 15 servings salt and pepper
- 1 tablespoon butter unsalted
- 2 cups mushrooms white sliced

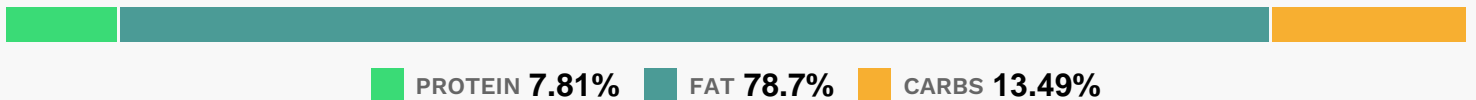
Equipment

- bowl
- frying pan
- whisk

Directions

- In a small bowl, whisk vinegar and Dijon. Slowly whisk in 3 Tbsp. olive oil.
- Melt butter with remaining 1 Tbsp. oil in a skillet over medium heat.
- Add mushrooms and cook, stirring, until they release their liquid, about 4 minutes.
- Add herbs and port; cook until wine evaporates, stirring occasionally.
- Add artichokes and olives to skillet. Cook, stirring, until warm, 1 to 2 minutes.
- Remove pan from heat and season with salt and pepper.
- In a large bowl, toss spinach with vinaigrette and divide among plates. Spoon artichoke mixture on top; sprinkle with tomatoes and cheese.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:6.2586956646131%

Flavonoids

Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 3.79mg, Malvidin: 3.79mg, Malvidin: 3.79mg, Malvidin: 3.79mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 0.39mg, Catechin:

0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 92.05kcal (4.6%), Fat: 7.82g (12.03%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.03g (0.74%), Sugar: 1.11g (1.24%), Cholesterol: 4.53mg (1.51%), Sodium: 357.28mg (15.53%), Alcohol: 0.61g (100%), Alcohol %: 1.09% (100%), Protein: 1.75g (3.49%), Vitamin K: 48.84µg (46.52%), Vitamin A: 1219.9IU (24.4%), Vitamin C: 9.97mg (12.09%), Vitamin E: 0.91mg (6.09%), Folate: 22.54µg (5.64%), Manganese: 0.11mg (5.56%), Vitamin B2: 0.08mg (4.95%), Calcium: 39.68mg (3.97%), Fiber: 0.98g (3.94%), Iron: 0.67mg (3.71%), Potassium: 123.79mg (3.54%), Copper: 0.07mg (3.38%), Phosphorus: 32.22mg (3.22%), Vitamin B3: 0.61mg (3.03%), Magnesium: 11.26mg (2.82%), Selenium: 1.92µg (2.74%), Vitamin B5: 0.22mg (2.21%), Vitamin B6: 0.04mg (2.16%), Vitamin B1: 0.02mg (1.6%), Zinc: 0.23mg (1.5%)