



Blackened Portobello-Mushroom Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 ounce cheese blue crumbled
- ☐ 1 tablespoon cajun spice for steak (such as chef paul prudhomme's steak magic)
- ☐ 15 ounce cannellini beans white rinsed drained canned
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons olive oil

- ☐ 16 ounce portabello mushrooms (5 inches wide)
- ☐ 0.5 cup onion red separated thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 16 cups the salad
- ☐ 2 teaspoons dijon mustard stone-ground
- ☐ 1 large tomatoes cut into 8 wedges
- ☐ 0.3 cup sacramento tomato juice

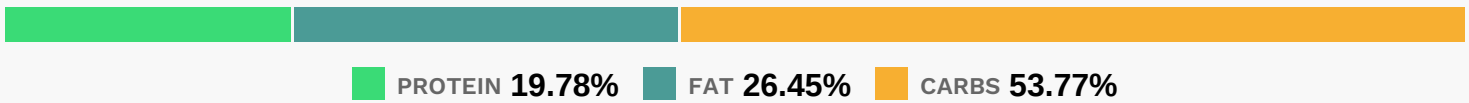
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 7 ingredients in a large zip-top plastic bag.
- ☐ Add mushrooms to bag; seal. Marinate 10 minutes, turning occasionally.
- ☐ Remove mushrooms from bag, reserving marinade.
- ☐ Sprinkle mushrooms with Cajun seasoning.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add mushrooms; cook 2 minutes on each side or until very brown. Cool; cut mushrooms diagonally into thin slices.
- ☐ Arrange 4 cups salad greens on each of 4 plates. Top each with mushroom slices, 2 tomato wedges, and onion rings.
- ☐ Sprinkle each with 1/4 cup beans and 1 tablespoon blue cheese.
- ☐ Drizzle the reserved marinade evenly over salads.

Nutrition Facts



Properties

Glycemic Index:78.83, Glycemic Load:7.95, Inflammation Score:-10, Nutrition Score:27.690434901611%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 289.31kcal (14.47%), Fat: 8.87g (13.64%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 40.57g (13.52%), Net Carbohydrates: 32.19g (11.71%), Sugar: 8.4g (9.33%), Cholesterol: 5.32mg (1.77%), Sodium: 204.41mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.84%), Vitamin A: 3185.61IU (63.71%), Vitamin C: 47.72mg (57.85%), Manganese: 1.04mg (52.11%), Folate: 177.5µg (44.37%), Potassium: 1433.37mg (40.95%), Selenium: 26.42µg (37.75%), Copper: 0.72mg (36.06%), Phosphorus: 343.81mg (34.38%), Vitamin B3: 6.77mg (33.85%), Fiber: 8.38g (33.52%), Iron: 5.46mg (30.36%), Vitamin B6: 0.51mg (25.29%), Magnesium: 90.36mg (22.59%), Vitamin B2: 0.34mg (19.86%), Vitamin B5: 1.97mg (19.68%), Vitamin B1: 0.27mg (17.84%), Zinc: 2.58mg (17.18%), Vitamin E: 2.5mg (16.66%), Calcium: 162.86mg (16.29%), Vitamin K: 12.27µg (11.69%), Vitamin D: 0.38µg (2.5%), Vitamin B12: 0.14µg (2.39%)