



Broiled Portobello Mushroom Salad

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup salad dressing italian
- 0.8 lb portabello mushrooms fresh sliced
- 4 cups the salad mixed
- 2 oz goat cheese plain crumbled (goat)
- 2 oz mozzarella cheese shredded
- 4 slices bread french toasted cut in half
- 4 roma tomatoes sliced (plum)

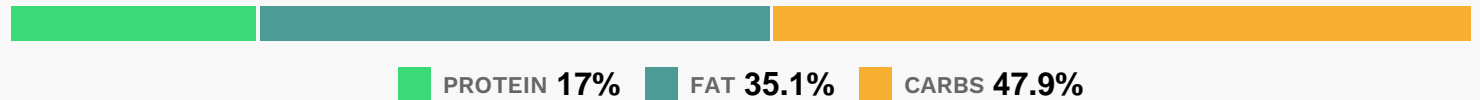
Equipment

- bowl
- oven
- broiler pan

Directions

- Set oven control to broil. Spray broiler pan rack with cooking spray.
- Brush dressing on both sides of mushrooms; reserve remaining dressing.
- Place mushrooms on rack in broiler pan. Broil with tops 2 to 4 inches from heat 4 minutes; turn. Broil about 3 minutes longer or just until mushrooms are tender.
- Meanwhile, divide salad greens among 4 plates. In small bowl, mix cheeses; spread on toast.
- Place mushrooms on salad greens. Top with tomatoes.
- Drizzle with remaining dressing.
- Serve with toast.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:26.32, Inflammation Score:-8, Nutrition Score:20.65956513778%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 360.8kcal (18.04%), Fat: 14.35g (22.08%), Saturated Fat: 5.21g (32.55%), Carbohydrates: 44.07g (14.69%), Net Carbohydrates: 40.81g (14.84%), Sugar: 10.16g (11.29%), Cholesterol: 17.72mg (5.91%), Sodium: 839.17mg (36.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.28%), Selenium: 37.68µg (53.82%), Vitamin B3: 7.61mg (38.05%), Vitamin B1: 0.56mg (37.3%), Folate: 129.33µg (32.33%), Vitamin B2: 0.51mg (29.98%), Phosphorus: 280.4mg (28.04%), Manganese: 0.55mg (27.55%), Copper: 0.51mg (25.4%), Vitamin A: 1223.68IU (24.47%), Vitamin C: 17.89mg (21.69%), Vitamin K: 22.38µg (21.31%), Iron: 3.59mg (19.96%), Potassium: 639.33mg (18.27%), Vitamin B6: 0.34mg (16.77%), Calcium: 142.48mg (14.25%), Vitamin B5: 1.4mg (14.03%), Fiber: 3.26g (13.03%), Zinc: 1.87mg (12.47%), Magnesium: 38.27mg (9.57%), Vitamin E: 1.18mg (7.88%), Vitamin B12: 0.39µg

(6.54%), Vitamin D: 0.37 μ g (2.46%)