



Exotic Mushroom Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 30 ounce cannellini beans beans white drained canned
- 8 cups steve's house greens mixed
- 1 pound mushrooms sliced
- 4 teaspoons pinenuts toasted
- 4 medium portabello mushrooms sliced
- 4 servings balsamic dressing

Equipment

- bowl

ziploc bags

broiler pan

Directions

Combine Balsamic Dressing with mushrooms in a large heavy-duty zip-top plastic bag. Seal, and marinate mushroom mixture in refrigerator 1–8 hours.

Remove mushrooms from bag, reserving Balsamic Dressing.

Place mushrooms on broiler pan coated with cooking spray, and broil 7 minutes or until browned.

Combine mushrooms, reserved marinade, and beans in a bowl; toss gently.

Place 2 cups salad greens on each of 4 plates. Spoon 1 1/2 cups mushroom mixture over each salad, and top each with 1 teaspoon toasted pine nuts.

Nutrition Facts



PROTEIN 26.22% **FAT 8.28%** **CARBS 65.5%**

Properties

Glycemic Index:15.75, Glycemic Load:11.63, Inflammation Score:-8, Nutrition Score:31.380869575169%

Nutrients (% of daily need)

Calories: 315.74kcal (15.79%), Fat: 3.09g (4.75%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 54.93g (18.31%), Net Carbohydrates: 42.42g (15.43%), Sugar: 5.07g (5.63%), Cholesterol: 0mg (0%), Sodium: 53.7mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.99g (43.97%), Manganese: 1.5mg (74.99%), Copper: 1.16mg (58.03%), Folate: 211.28µg (52.82%), Potassium: 1781.21mg (50.89%), Fiber: 12.51g (50.02%), Iron: 7.8mg (43.33%), Vitamin B3: 8.64mg (43.18%), Selenium: 29.91µg (42.72%), Phosphorus: 424.43mg (42.44%), Vitamin B2: 0.69mg (40.49%), Magnesium: 132.46mg (33.12%), Vitamin B5: 3.15mg (31.51%), Vitamin C: 20.96mg (25.4%), Vitamin B1: 0.38mg (25.12%), Zinc: 3.71mg (24.75%), Vitamin B6: 0.47mg (23.38%), Vitamin A: 909.38IU (18.19%), Calcium: 171.96mg (17.2%), Vitamin E: 1.89mg (12.63%), Vitamin K: 7.24µg (6.9%), Vitamin D: 0.48µg (3.19%), Vitamin B12: 0.09µg (1.46%)