



Farmers Market Salad with Aged Gouda and Roasted Portabellas

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 cup gouda cheese grated
- ☐ 10 cups mustard greens mixed
- ☐ 0.5 cup olive oil extra virgin extra-virgin divided
- ☐ 0.8 pounds portabello mushrooms sliced
- ☐ 3 tablespoons red-wine vinegar

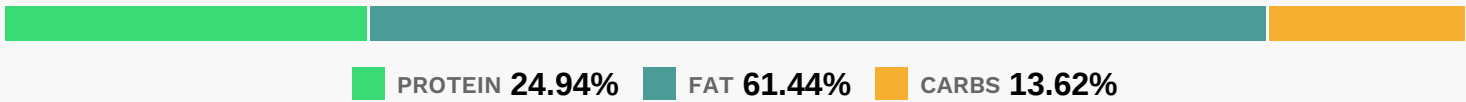
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425°F with rack in middle.
- ☐ Toss mushrooms with 3 tablespoon oil and 1/4 teaspoon each of salt and pepper in a bowl. Roast in 1 layer in a 4-sided sheet pan, turning once, until golden-brown and tender, about 15 minutes. Cool mushrooms.
- ☐ Whisk together vinegar, mustard, 1/4 teaspoon salt, 1/8 teaspoon pepper, and remaining 5 tablespoons oil in a bowl until combined. Toss mushrooms, greens, and cheese with enough dressing to coat.
- ☐ Mushrooms can be roasted 4 hours ahead and kept at room temperature.
- ☐ Per serving: Calories 175, Total fat 17g, Saturated Fat 4g, Cholesterol 12mg, Sodium 262mg, Carbohydrate 3g, Fiber 1g, Protein 4g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.51, Inflammation Score:-9, Nutrition Score:18.329565131146%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 11.34mg, Isorhamnetin: 11.34mg, Isorhamnetin: 11.34mg, Isorhamnetin: 11.34mg Kaempferol: 26.81mg, Kaempferol: 26.81mg, Kaempferol: 26.81mg, Kaempferol: 26.81mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 158.85kcal (7.94%), Fat: 11.27g (17.33%), Saturated Fat: 5.61g (35.07%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 2.8g (1.02%), Sugar: 2.65g (2.95%), Cholesterol: 33.71mg (11.24%), Sodium: 267.41mg (11.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.29g (20.58%), Vitamin K: 182.91µg (174.2%), Vitamin C: 49.03mg (59.43%), Vitamin A: 2283.74IU (45.67%), Calcium: 289.55mg (28.95%), Phosphorus: 249.12mg (24.91%), Selenium: 13.04µg (18.63%), Vitamin B2: 0.23mg (13.62%), Potassium: 462.53mg (13.22%), Vitamin E: 1.88mg (12.52%), Vitamin B3: 2.49mg (12.47%), Copper: 0.25mg (12.44%), Fiber: 2.82g (11.28%), Vitamin B6: 0.21mg (10.65%), Zinc: 1.56mg (10.4%), Vitamin B12: 0.48µg (7.94%), Magnesium: 31.5mg (7.88%), Iron: 1.4mg (7.78%), Vitamin B5: 0.73mg (7.34%), Folate: 26.56µg (6.64%), Vitamin B1: 0.09mg (6.08%), Manganese: 0.04mg (1.89%), Vitamin D: 0.28µg (1.84%)