



Grilled Mushroom-and-Asparagus Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bunch asparagus trimmed
- ☐ 8 large baby portobello mushrooms
- ☐ 4 servings balsamic vinegar
- ☐ 4 servings dijon mustard
- ☐ 2 garlic cloves minced
- ☐ 4 servings juice of lemon fresh
- ☐ 4 servings olive oil extra-virgin
- ☐ 8 cups mesclun salad greens

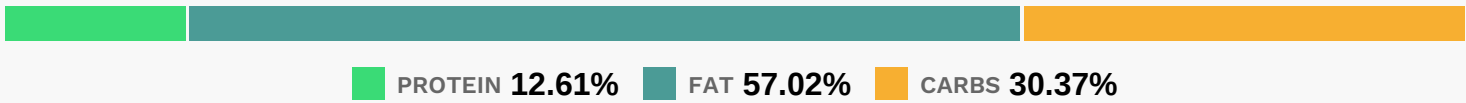
Equipment

- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Preheat the grill to high.
- ☐ Whisk 1/4 cup vinegar, 3 tablespoons oil, garlic, 2 teaspoons each juice and mustard, and a pinch each of salt and pepper.
- ☐ Place asparagus and mushrooms in a zip-top plastic bag with half of dressing; marinate 15 minutes. Grill asparagus 5 minutes. Grill mushrooms, gill sides down, for 4 minutes; turn. Grill 7 more minutes. Slice thickly. Toss greens with vegetables and dressing.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.16, Inflammation Score:-9, Nutrition Score:24.309999782106%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.81mg, Quercetin: 15.81mg, Quercetin: 15.81mg, Quercetin: 15.81mg

Nutrients (% of daily need)

Calories: 218.68kcal (10.93%), Fat: 14.99g (23.06%), Saturated Fat: 2.11g (13.16%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 13.13g (4.77%), Sugar: 9.17g (10.19%), Cholesterol: 0mg (0%), Sodium: 97.54mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin K: 55.33µg (52.69%), Selenium: 36.08µg (51.55%), Vitamin B3: 9.14mg (45.71%), Vitamin C: 31.15mg (37.76%), Copper: 0.75mg (37.39%), Vitamin A: 1763.89IU

(35.28%), Folate: 138.54µg (34.63%), Potassium: 1023.4mg (29.24%), Phosphorus: 283.08mg (28.31%), Vitamin B2: 0.42mg (24.95%), Manganese: 0.48mg (24%), Vitamin B5: 2.36mg (23.63%), Vitamin E: 3.36mg (22.41%), Vitamin B6: 0.44mg (22.2%), Iron: 3.74mg (20.79%), Vitamin B1: 0.3mg (20%), Fiber: 4.84g (19.35%), Zinc: 1.74mg (11.57%), Magnesium: 30.15mg (7.54%), Calcium: 53.67mg (5.37%), Vitamin D: 0.5µg (3.36%), Vitamin B12: 0.08µg (1.4%)