



WHATSHEATE



HEALTH SCORE

56%

Grilled Mushroom Salad Subs

READY IN



25 min.

SERVINGS



4

CALORIES



791 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 baguettes split soft halved
- ☐ 4 servings coarse salt and coarse pepper black
- ☐ 6 cloves garlic finely chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup parsley generous finely chopped
- ☐ 8 portobello mushroom caps with damp cloth
- ☐ 4 roasted peppers red dry cut into strips
- ☐ 0.8 pound sharp cheddar may be substituted spanish thinly sliced common sharp table cheese, available in the specialty cheese case

- ☐ 4 tablespoons sherry vinegar
- ☐ 2 tablespoons spicy mustard
- ☐ 1 tablespoon worcestershire sauce
- ☐ 6 cups a package washed deveined coarsely chopped

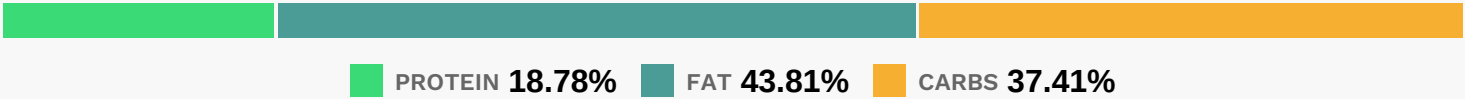
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a grill pan to medium high heat or prepare outdoor grill.
- ☐ Turn the oven on moderate heat.
- ☐ Place the hollowed bread in oven to crisp, 5 minutes.
- ☐ In a small bowl, whisk together sherry vinegar, mustard, Worcestershire sauce, extra-virgin olive oil and garlic.
- ☐ Place mushrooms in a shallow dish and pour marinade over the caps. Turn caps in marinade and season with salt and pepper.
- ☐ Let stand 10 minutes. Prep your parsley and spinach.
- ☐ Grill mushrooms 4 to 5 minutes on each side and remove to a cutting board a few at a time. Thinly slice the mushrooms and transfer back to the dish you marinated them in and add parsley and spinach as you go, layering hot mushrooms with the herb and greens. Once all the hot sliced mushrooms combine with the spinach, the greens will wilt up a bit. Toss the salad and adjust the salt and pepper, to your taste.
- ☐ Pile the salad into crispy bread and top with manchego cheese and red peppers of choice then set bread tops in place.

Nutrition Facts



Properties

Glycemic Index:56.19, Glycemic Load:42.5, Inflammation Score:-10, Nutrition Score:49.743912987087%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 791.21kcal (39.56%), Fat: 38.91g (59.86%), Saturated Fat: 17.93g (112.05%), Carbohydrates: 74.76g (24.92%), Net Carbohydrates: 67.98g (24.72%), Sugar: 11.14g (12.38%), Cholesterol: 85.05mg (28.35%), Sodium: 2221.63mg (96.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.53g (75.06%), Vitamin K: 288.12µg (274.4%), Selenium: 80.59µg (115.13%), Vitamin A: 5589.22IU (111.78%), Calcium: 820.97mg (82.1%), Folate: 298.57µg (74.64%), Phosphorus: 740.07mg (74.01%), Vitamin B3: 13.95mg (69.75%), Vitamin B2: 1.11mg (65.29%), Manganese: 1.29mg (64.36%), Vitamin B1: 0.93mg (61.67%), Vitamin C: 36.9mg (44.73%), Iron: 7.24mg (40.21%), Copper: 0.8mg (40.06%), Zinc: 5.46mg (36.38%), Potassium: 1227.14mg (35.06%), Vitamin B6: 0.66mg (32.76%), Vitamin B5: 2.85mg (28.47%), Fiber: 6.78g (27.14%), Magnesium: 102.84mg (25.71%), Vitamin E: 2.79mg (18.58%), Vitamin B12: 0.99µg (16.43%), Vitamin D: 1.01µg (6.76%)