



Grilled New Potatoes with Shiitake Mushrooms, Shallots and Goat Cheese

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



40

CALORIES



334 kcal

SIDE DISH

Ingredients

- ☐ 40 servings pepper black freshly ground
- ☐ 40 servings canola oil
- ☐ 40 servings chervil fresh for garnish
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 sprigs thyme leaves fresh chopped
- ☐ 5 cloves garlic with salt crushed
- ☐ 20 ounce logs goat cheese crumbled

- ☐ 30 medium new potatoes red
- ☐ 40 servings olive oil extra-virgin
- ☐ 40 servings red wine vinegar
- ☐ 40 servings salt
- ☐ 2 shallots minced
- ☐ 3 pounds mushroom caps halved

Equipment

- ☐ frying pan
- ☐ pot
- ☐ grill

Directions

- ☐ Add the potatoes to a large pot, cover by 2 inches with water, season with salt and bring to a boil. Boil until the potatoes are just fork tender but firm, about 10 minutes.
- ☐ Drain and set aside to cool.
- ☐ In the meantime, coat a large saute pan with canola oil and set over medium-high heat.
- ☐ Add the shiitakes, garlic paste and shallots. Season with salt and pepper and saute until the mushrooms are golden and tender, 7 to 10 minutes. Just before the mushrooms are ready, toss in the thyme and parsley.
- ☐ Remove the mixture from the heat and allow to cool.
- ☐ Heat a grill to high.
- ☐ Now, slice your cooled potatoes into 1/2-inch rounds.
- ☐ Drizzle them with a bit of canola oil and sprinkle with salt and pepper. Grill the potatoes until marked and cooked through, 2 to 3 minutes per side.
- ☐ Toss the cooled mushroom mixture with the goat cheese.
- ☐ Add some red wine vinegar, extra-virgin olive oil and salt and pepper. Top each piece of grilled potato slice with a spoonful of the mushroom mixture.
- ☐ Garnish with chervil.

Nutrition Facts



 **PROTEIN 5.32%**  **FAT 82.29%**  **CARBS 12.39%**

Properties

Glycemic Index:7.12, Glycemic Load:5.94, Inflammation Score:-4, Nutrition Score:8.2773912549019%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 334.03kcal (16.7%), Fat: 31.24g (48.06%), Saturated Fat: 5.04g (31.52%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 8.6g (3.13%), Sugar: 1.37g (1.52%), Cholesterol: 6.52mg (2.17%), Sodium: 253.4mg (11.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Vitamin E: 4.5mg (29.99%), Vitamin K: 22.92µg (21.83%), Vitamin B6: 0.28mg (13.9%), Vitamin C: 9.4mg (11.4%), Phosphorus: 104.91mg (10.49%), Copper: 0.21mg (10.34%), Manganese: 0.2mg (10.24%), Potassium: 342.03mg (9.77%), Vitamin B3: 1.89mg (9.43%), Vitamin B2: 0.15mg (8.78%), Fiber: 1.98g (7.91%), Vitamin B5: 0.74mg (7.39%), Iron: 1.22mg (6.75%), Magnesium: 20.98mg (5.25%), Zinc: 0.71mg (4.71%), Vitamin A: 226.81IU (4.54%), Calcium: 41.75mg (4.17%), Folate: 16.37µg (4.09%), Selenium: 2.83µg (4.04%), Vitamin B1: 0.05mg (3.62%), Vitamin D: 0.19µg (1.29%)