



Grilled Onions and Mushrooms with Limes Sour Cream

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground plus more for seasoning
- 0.5 teaspoon kosher salt plus more for seasoning
- 1 tablespoon juice of lime freshly squeezed
- 1 teaspoon lime zest
- 3 large portabello mushrooms cut into 1-inch slices
- 1 medium onion red cut into 8 wedges
- 1 cup cup heavy whipping cream plain sour

4 servings vegetable oil for brushing the vegetables

Equipment

bowl

grill

grill pan

Directions

Watch how to make this recipe.

Combine sour cream, juice, zest, salt and pepper in a medium nonreactive bowl. Store, covered in refrigerator until ready to use.

Heat a lightly oiled grill pan over medium heat. Meanwhile, brush onions and mushrooms with oil and season well with salt and freshly ground black pepper.

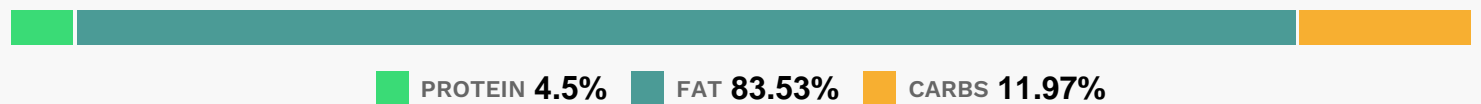
When grill pan is heated, add onions cut side down and cook until softened, about 10 minutes.

Transfer to a plate.

Add mushrooms and grill until charred and soft, about 10 minutes.

Serve immediately with sour cream sauce.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:7.9617391513742%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 264.18kcal (13.21%), Fat: 25.41g (39.1%), Saturated Fat: 8g (49.97%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 6.82g (2.48%), Sugar: 4.78g (5.31%), Cholesterol: 33.92mg (11.31%), Sodium: 315.42mg (13.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin K: 27.15µg (25.86%), Selenium: 14µg (20%), Vitamin B3: 2.93mg (14.63%), Phosphorus: 120.72mg (12.07%), Vitamin B2: 0.19mg (11%), Copper: 0.21mg (10.31%), Potassium: 349.63mg (9.99%), Vitamin B5: 0.95mg (9.54%), Vitamin E: 1.39mg (9.29%), Vitamin B6: 0.15mg (7.61%), Vitamin A: 362.27IU (7.25%), Calcium: 68.27mg (6.83%), Folate: 26.77µg (6.69%), Manganese: 0.12mg (5.93%), Fiber: 1.38g (5.51%), Vitamin C: 3.82mg (4.63%), Vitamin B1: 0.06mg (4.18%), Zinc: 0.58mg (3.85%), Vitamin B12: 0.15µg (2.54%), Magnesium: 9.27mg (2.32%), Iron: 0.33mg (1.83%), Vitamin D: 0.19µg (1.26%)