



## Grilled Oyster Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 teaspoon sea salt (preferably Sicilian)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 tablespoons olive oil
- ☐ 2 tablespoons orange juice fresh
- ☐ 2 lb oyster mushrooms trimmed
- ☐ 2 teaspoons red-wine vinegar

### Equipment

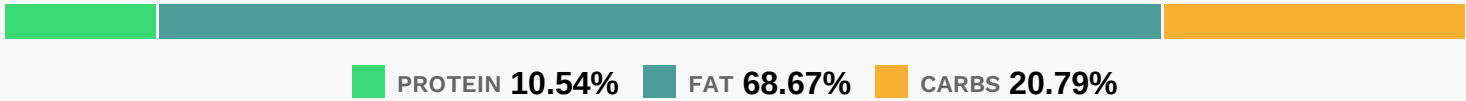
- ☐ bowl

- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ tongs
- ☐ grill pan

## Directions

- ☐ Whisk together juices, vinegar, and oil in a large bowl. Toss mushrooms with vinaigrette and marinate 15 minutes.
- ☐ Transfer mushrooms to another bowl with tongs, reserving vinaigrette.
- ☐ Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is hot when you can hold your hand 5 inches above rack for 1 to 2 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderately high.
- ☐ Grill mushrooms in 3 batches on oiled grill sheet set on grill rack, with grill covered only if using gas grill, turning frequently, until golden brown, about 5 minutes per batch.
- ☐ Transfer to vinaigrette as grilled, then toss with sea salt.
- ☐ •If your sea salt is very granular and pebblelike, crush it using the flat side of a large heavy knife or the bottom of a heavy skillet. •If you're unable to grill outdoors, mushrooms can be grilled in batches in a lightly oiled well-seasoned ridged grill pan over moderately high heat, turning frequently, about 5 minutes per batch.

## Nutrition Facts



## Properties

Glycemic Index:5.2, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:7.0573913156986%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.09mg, Naringenin: 0.09mg,

Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg  
Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg,  
Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 106.24kcal (5.31%), Fat: 8.78g (13.51%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 5.98g (1.99%), Net  
Carbohydrates: 3.89g (1.41%), Sugar: 1.33g (1.48%), Cholesterol: 0mg (0%), Sodium: 132.9mg (5.78%), Alcohol: 0g  
(100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin B3: 4.51mg (22.55%), Vitamin B2: 0.32mg (18.7%),  
Vitamin B5: 1.18mg (11.82%), Copper: 0.22mg (11.16%), Potassium: 389.86mg (11.14%), Phosphorus: 109.64mg  
(10.96%), Folate: 35.79µg (8.95%), Fiber: 2.1g (8.39%), Vitamin E: 1.21mg (8.09%), Vitamin B1: 0.12mg (7.79%), Iron:  
1.27mg (7.04%), Manganese: 0.1mg (5.2%), Vitamin B6: 0.1mg (5.09%), Vitamin K: 5.06µg (4.82%), Zinc: 0.7mg  
(4.68%), Vitamin D: 0.63µg (4.23%), Magnesium: 16.84mg (4.21%), Selenium: 2.36µg (3.38%), Vitamin C: 2.29mg  
(2.77%), Vitamin A: 50.43IU (1.01%)