



WHATSheATE



HEALTH SCORE

63%

Grilled Portabellas with Couscous



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons balsamic vinegar
- ☐ 2 tablespoons basil leaves fresh minced
- ☐ 8 green onions
- ☐ 0.3 teaspoon fresh-ground pepper
- ☐ 2 teaspoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 cup pepper coulis
- ☐ 4 portabella mushroom caps

- ☐ 4 servings salt
- ☐ 0.8 cup vegetable stock canned (or used broth)
- ☐ 0.5 cup couscous whole-wheat

Equipment

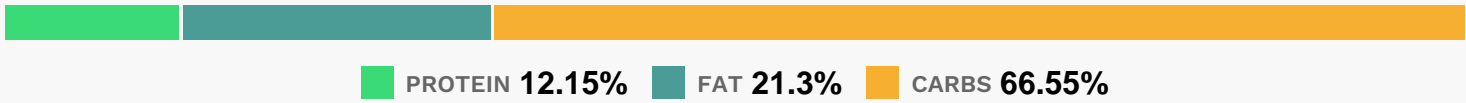
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ spatula
- ☐ tongs

Directions

- ☐ Trim off and discard any stems from mushroom caps; gently rinse caps and drain well. Rinse green onions; trim off and discard ends. In a small bowl, mix olive oil and lemon juice.
- ☐ Brush smooth sides of mushroom caps and the green onions with oil mixture.
- ☐ Lay mushrooms, smooth side down, and green onions on a grill over hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid if using a gas barbecue. Turn onions as needed until lightly browned on all sides, 2 to 3 minutes total. With tongs, transfer to a plate. Cook mushrooms without turning until they are limp and begin to release their juices, 3 to 5 minutes. With a wide spatula, transfer, smooth side down, to a 9-by 13-inch baking pan.
- ☐ Drizzle mushrooms evenly with vinegar and sprinkle with pepper.
- ☐ Add 1/4 cup vegetable stock to pan. Cover and bake in a 300 regular or convection oven until hot, 5 to 10 minutes.
- ☐ Meanwhile, in a 1- to 2-quart pan over high heat, bring remaining 1/2 cup stock to a boil. Stir in couscous. Cover and remove from heat.
- ☐ Let stand until liquid is absorbed, about 5 minutes. Fluff couscous with a fork. If it seems too dry, stir in 3 to 5 tablespoons liquid from mushroom caps. Stir in parsley.

- ☐
- Set mushrooms, smooth side down, on plates. Top equally with couscous. Spoon pepper coulis equally around mushrooms and garnish with green onions.
- ☐
- Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:8.38, Inflammation Score:-8, Nutrition Score:27.948695651863%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 353.15kcal (17.66%), Fat: 9.8g (15.08%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 68.91g (22.97%), Net Carbohydrates: 49.59g (18.03%), Sugar: 4.74g (5.27%), Cholesterol: 0mg (0%), Sodium: 394.65mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.17%), Manganese: 7.67mg (383.71%), Vitamin K: 155.07µg (147.69%), Fiber: 19.33g (77.32%), Copper: 1.05mg (52.71%), Iron: 7.42mg (41.2%), Potassium: 1170.96mg (33.46%), Calcium: 296.19mg (29.62%), Magnesium: 107.55mg (26.89%), Selenium: 18.68µg (26.68%), Vitamin B3: 4.59mg (22.95%), Phosphorus: 194.96mg (19.5%), Vitamin B5: 1.81mg (18.1%), Vitamin B6: 0.31mg (15.71%), Vitamin A: 710.25IU (14.21%), Vitamin B2: 0.24mg (13.9%), Folate: 50.14µg (12.53%), Vitamin E: 1.78mg (11.9%), Vitamin B1: 0.13mg (8.51%), Zinc: 1.26mg (8.39%), Vitamin C: 5.66mg (6.86%), Vitamin D: 0.25µg (1.68%)