



Grilled Portobello and Bosc Pear Salad

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 large bosc pears--peeled cored halved cut lengthwise into thin wedges
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil pure
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup parmigiano-reggiano cheese thin
- ☐ 8 large portabello mushrooms

- ☐ 6 cups bite-size pieces of romaine lettuce
- ☐ 10 servings salt and pepper freshly ground
- ☐ 1 teaspoon thyme leaves chopped

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ grill pan
- ☐ peeler

Directions

- ☐ Light a grill or heat a grill pan. Coat each mushroom with 1 tablespoon of the pure olive oil. Season with salt and pepper. Grill the mushrooms over a medium low fire or in a grill pan until very crusty and lightly charred outside and cooked through, about 10 minutes per side.
- ☐ Transfer the mushrooms to a large rimmed baking sheet, gills up.
- ☐ Preheat the oven to 40
- ☐ In a small bowl, combine the balsamic vinegar and garlic.
- ☐ Brush the mixture over the mushroom gills. Roast the mushrooms for about 5 minutes, or until hot. Slice the mushrooms 1/2 inch thick.
- ☐ In a small bowl, whisk the extra-virgin olive oil with the lemon juice and thyme. Season with salt and pepper. Toss the pear wedges with 1 tablespoon of the dressing. In a large salad bowl, toss the romaine with the remaining dressing.
- ☐ Add the pear wedges and mushrooms and toss. Top with the cheese shavings and serve.
- ☐ Make Ahead: The grilled Portobello mushrooms can stand at room temperature for up to 4 hours.
- ☐ Notes: If you don't own a cheese slicer, use a swivel-bladed vegetable peeler to make the cheese shavings.

Nutrition Facts

PROTEIN 11.36% FAT 44.25% CARBS 44.39%

Properties

Glycemic Index:18.88, Glycemic Load:3.42, Inflammation Score:-9, Nutrition Score:11.259565083877%

Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 126.48kcal (6.32%), Fat: 6.68g (10.28%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 11.43g (4.16%), Sugar: 9.34g (10.38%), Cholesterol: 3.4mg (1.13%), Sodium: 283.82mg (12.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin A: 2522.23IU (50.44%), Vitamin K: 35.02µg (33.35%), Selenium: 13.85µg (19.79%), Vitamin B3: 3.24mg (16.21%), Folate: 63.05µg (15.76%), Fiber: 3.65g (14.59%), Copper: 0.27mg (13.37%), Phosphorus: 125.54mg (12.55%), Potassium: 408.09mg (11.66%), Vitamin B5: 0.87mg (8.69%), Vitamin B2: 0.14mg (8.38%), Calcium: 79.3mg (7.93%), Vitamin B6: 0.15mg (7.53%), Manganese: 0.14mg (6.89%), Vitamin C: 5.67mg (6.87%), Vitamin E: 0.86mg (5.75%), Vitamin B1: 0.07mg (4.77%), Zinc: 0.64mg (4.26%), Iron: 0.74mg (4.12%), Magnesium: 11.94mg (2.99%), Vitamin B12: 0.09µg (1.56%), Vitamin D: 0.23µg (1.51%)