



Grilled Portobello Mushroom in a Porcini Cream Sauce



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



351 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 ounce porcini mushrooms dried
- ☐ 1 clove garlic chopped ()
- ☐ 1 tablespoon oil
- ☐ 0.3 cup parmigiano reggiano grated ()
- ☐ 2 portabello mushrooms (stems removed)

- ☐ 2 servings salt and pepper to taste
- ☐ 1 shallots diced finely ()
- ☐ 0.5 teaspoon thyme leaves chopped ()
- ☐ 1 cup water hot

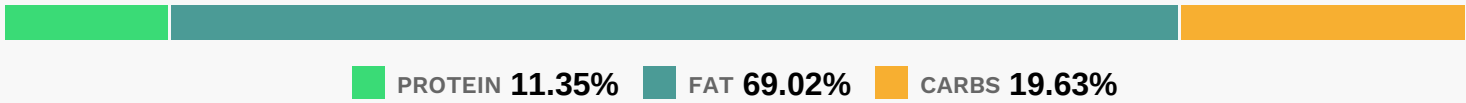
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Soak the dried porcini mushrooms in the hot water for 20 minutes.
- ☐ Drain the mushrooms and chop them reserving the water.
- ☐ Melt the butter in a pan at medium.
- ☐ Add the porcini mushrooms, shallots, garlic, thyme, salt and pepper and saute for 2 minutes.
- ☐ Add the reserved water and simmer at medium-high until reduced by half, about 10 minutes.
- ☐ Add the cream and parmigiano reggiano and simmer until it thickens, about 2-4 minutes.
- ☐ Brush the portobello mushrooms with the oil and season with salt and pepper.
- ☐ Grill until cooked, about 3-5 minutes on the first side followed by 3 minutes on the other side.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:17.408695728882%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 350.73kcal (17.54%), Fat: 28.18g (43.36%), Saturated Fat: 13.78g (86.12%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 14.82g (5.39%), Sugar: 4.42g (4.91%), Cholesterol: 60mg (20%), Sodium: 530.95mg (23.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.86%), Copper: 1.02mg (50.92%), Vitamin B5: 4.27mg (42.65%), Selenium: 27.23µg (38.91%), Vitamin B3: 5.89mg (29.43%), Phosphorus: 277.32mg (27.73%), Vitamin B2: 0.41mg (24.08%), Calcium: 235.76mg (23.58%), Potassium: 619.33mg (17.7%), Vitamin B6: 0.35mg (17.52%), Vitamin A: 766.81IU (15.34%), Manganese: 0.3mg (14.95%), Zinc: 2.16mg (14.37%), Folate: 53.71µg (13.43%), Fiber: 3.22g (12.89%), Vitamin E: 1.72mg (11.47%), Vitamin D: 1.36µg (9.09%), Magnesium: 33.25mg (8.31%), Vitamin B1: 0.12mg (7.71%), Vitamin K: 6.84µg (6.52%), Iron: 0.94mg (5.2%), Vitamin B12: 0.3µg (5.03%), Vitamin C: 2.94mg (3.57%)