



## Grilled Portobello Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



80 min.

SERVINGS



3

CALORIES



212 kcal

SIDE DISH

### Ingredients

- 4 tablespoons balsamic vinegar
- 0.3 cup canola oil
- 4 cloves garlic minced
- 3 tablespoons onion chopped
- 3 portabello mushrooms

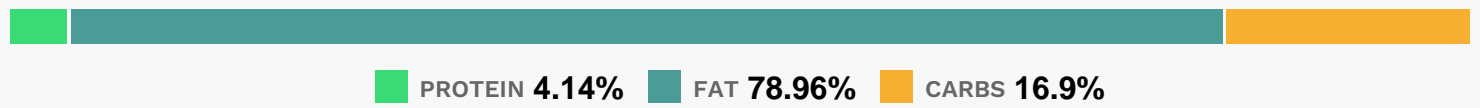
### Equipment

- bowl
- grill

## Directions

- Clean mushrooms and remove stems, reserve for other use.
- Place caps on a plate with the gills up.
- In a small bowl, combine the oil, onion, garlic and vinegar.
- Pour mixture evenly over the mushroom caps and let stand for 1 hour.
- Grill over hot grill for 10 minutes.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:35.67, Glycemic Load:2.39, Inflammation Score:-2, Nutrition Score:7.6086956396213%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

## Nutrients (% of daily need)

Calories: 212.23kcal (10.61%), Fat: 18.99g (29.22%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 7.8g (2.83%), Sugar: 5.75g (6.39%), Cholesterol: 0mg (0%), Sodium: 13.55mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Selenium: 16.24µg (23.2%), Vitamin E: 3.29mg (21.92%), Vitamin B3: 3.81mg (19.07%), Copper: 0.26mg (13.08%), Vitamin K: 13.42µg (12.78%), Phosphorus: 103.79mg (10.38%), Potassium: 360.29mg (10.29%), Vitamin B5: 0.99mg (9.94%), Vitamin B6: 0.19mg (9.3%), Manganese: 0.17mg (8.28%), Vitamin B2: 0.12mg (6.84%), Folate: 25.54µg (6.39%), Fiber: 1.35g (5.38%), Vitamin B1: 0.06mg (4.14%), Zinc: 0.53mg (3.5%), Iron: 0.5mg (2.79%), Vitamin C: 1.99mg (2.41%), Calcium: 17.82mg (1.78%), Vitamin D: 0.25µg (1.68%), Magnesium: 4.56mg (1.14%)