



Grilled Portobello Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon onion powder
- ☐ 4 portobello mushroom caps
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 1 teaspoon salt

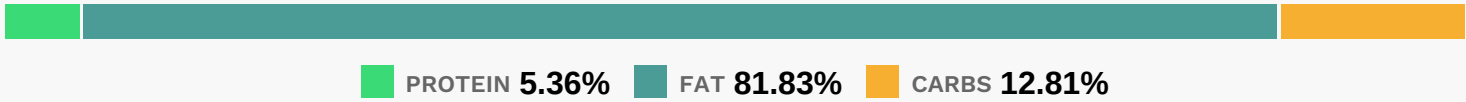
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill for medium heat.
- ☐ In a large bowl, mix the red bell pepper, garlic, oil, onion powder, salt, and ground black pepper.
- ☐ Spread mixture over gill side of the mushroom caps.
- ☐ Lightly oil the grill grate.
- ☐ Place mushrooms over indirect heat, cover, and cook for 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:8.7621740076853%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 144.83kcal (7.24%), Fat: 13.86g (21.33%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 3.3g (1.2%), Sugar: 2.9g (3.22%), Cholesterol: 0mg (0%), Sodium: 590.21mg (25.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.09%), Vitamin C: 24.1mg (29.22%), Selenium: 15.78µg (22.54%), Vitamin B3: 3.97mg (19.83%), Vitamin E: 2.26mg (15.06%), Copper: 0.25mg (12.51%), Vitamin A: 584.58IU (11.69%), Vitamin B5: 1.03mg (10.26%), Potassium: 352.88mg (10.08%), Phosphorus: 97.51mg (9.75%), Vitamin B6: 0.19mg (9.47%), Vitamin K: 9.47µg (9.02%), Folate: 32.23µg (8.06%), Vitamin B2: 0.13mg (7.44%), Fiber: 1.58g (6.32%), Manganese: 0.13mg (6.32%), Vitamin B1: 0.06mg (4.13%), Zinc: 0.51mg (3.4%), Iron: 0.46mg (2.57%), Vitamin D: 0.25µg (1.68%)