



Grilled Portobello Mushrooms



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



37 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 16 inch portobello mushroom caps
- ☐ 0.3 teaspoon salt
- ☐ 4 servings worcestershire sauce

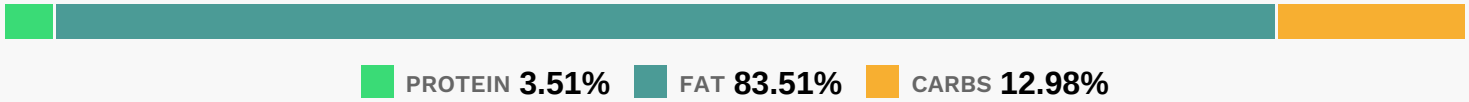
Equipment

- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Place portobello caps, stem side up, on a plate.
- ☐ Combine olive oil and next 4 ingredients.
- ☐ Drizzle oil mixture over mushrooms.
- ☐ Place mushrooms on grill rack coated with cooking spray; cover and grill 4 minutes on each side or until tender.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.2552174046312%

Flavonoids

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: 36.81kcal (1.84%), Fat: 3.55g (5.46%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.37g (0.41%), Cholesterol: 0mg (0%), Sodium: 159.63mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.67%), Vitamin E: 0.51mg (3.4%), Manganese: 0.06mg (3.22%), Selenium: 2.12µg (3.03%), Vitamin K: 2.55µg (2.43%), Vitamin B3: 0.48mg (2.38%), Copper: 0.04mg (1.95%), Vitamin B6: 0.03mg (1.72%), Potassium: 54.38mg (1.55%), Phosphorus: 14.26mg (1.43%), Vitamin B5: 0.13mg (1.28%)