



Grilled Portobello Mushrooms Stacked with Fresh Spinach and Shaved Manchego Cheese

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound baby spinach washed and dried
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chives fresh finely chopped for garnish, optional
- ☐ 1 teaspoon kosher salt
- ☐ 4 ounces manchego cheese thinly sliced into 8 pieces
- ☐ 2 tablespoons olive oil
- ☐ 12 medium portobello mushroom caps

Equipment

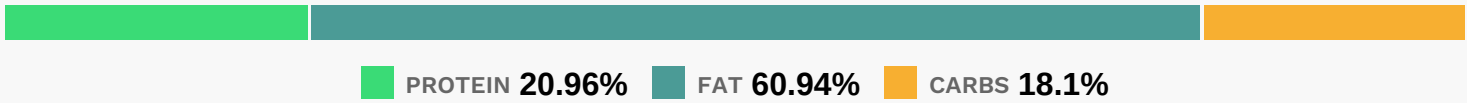
- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat grill to high.
- ☐ Brush mushroom caps on both sides with oil and season with salt and pepper. Grill, cap side down, until slightly charred, about 4 to 5 minutes. Turn the mushrooms over and continue grilling until just cooked through, about 3 to 4 minutes longer.
- ☐ Stack the ingredients on each of 4 salad plates starting with a mushroom cap, a slice of cheese, some spinach, and a drizzle of Sherry Vinaigrette.
- ☐ Add another mushroom cap, more vinaigrette, spinach, and another slice of cheese.
- ☐ Place a third mushroom cap on top and finish by drizzling with additional vinaigrette and garnishing with chopped chives, if desired.
- ☐ small shallot, finely chopped
- ☐ /4 cup sherry vinegar or balsamic vinegar
- ☐ teaspoons Dijon mustard
- ☐ /4 teaspoon kosher salt
- ☐ /4 teaspoon freshly ground black pepper
- ☐ /2 cup olive oil
- ☐ Whisk together the shallot, vinegar, mustard, salt, and pepper in a small bowl. Slowly whisk in the oil until emulsified.
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- ☐ /4 cup sherry vinegar or balsamic vinegar
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- ☐ /4 teaspoon kosher salt
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Whisk together the shallot, vinegar, mustard, salt, and pepper in a small bowl. Slowly whisk in the oil until emulsified.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:32.271304275679%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 253.69kcal (12.68%), Fat: 18.25g (28.08%), Saturated Fat: 8.25g (51.56%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 7.51g (2.73%), Sugar: 6.57g (7.3%), Cholesterol: 30.33mg (10.11%), Sodium: 821.21mg (35.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.13g (28.25%), Vitamin K: 282.08µg (268.65%), Vitamin A: 5540.62IU (110.81%), Selenium: 47.48µg (67.83%), Vitamin B3: 11.75mg (58.75%), Folate: 182.22µg (45.55%), Copper: 0.8mg (40.19%), Manganese: 0.75mg (37.67%), Calcium: 371.06mg (37.11%), Potassium: 1244.94mg (35.57%), Phosphorus: 301.6mg (30.16%), Vitamin B5: 2.92mg (29.22%), Vitamin B2: 0.44mg (25.73%), Vitamin B6: 0.49mg (24.35%), Vitamin C: 16.8mg (20.37%), Fiber: 4.69g (18.75%), Vitamin E: 2.22mg (14.78%), Iron: 2.43mg (13.52%), Vitamin B1: 0.19mg (12.97%), Magnesium: 46.29mg (11.57%), Zinc: 1.65mg (11.01%), Vitamin D: 0.76µg (5.04%), Vitamin B12: 0.13µg (2.1%)