



Grilled Portobello Mushrooms with Pea Sprouts

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



367 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound pea sprouts fresh (or other accessible sprouts)
- ☐ 2 tablespoons juice of lemon
- ☐ 4 domestic mushrooms
- ☐ 4 tablespoons olive oil extra-virgin for drizzling
- ☐ 4 large portabello mushrooms
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 pound cacio di roma

☐ 4 servings salt and pepper black freshly ground

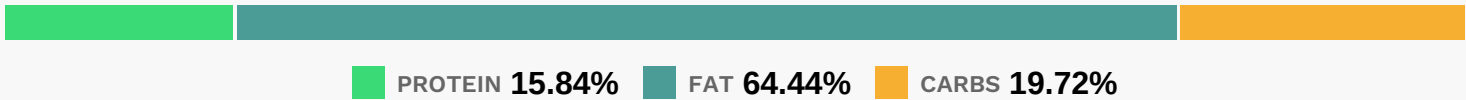
Equipment

- ☐ mixing bowl
- ☐ grill
- ☐ broiler
- ☐ peeler

Directions

- ☐ Special equipment: Truffle slicer or small mandolin
- ☐ Preheat grill or broiler.
- ☐ Drizzle the portobello mushrooms with extra-virgin olive oil.
- ☐ Place the mushrooms on the grill so that they are centered near the heat. Grill until soft and nicely cooked, and barely charred, about 3 to 4 minutes per side.
- ☐ Sprinkle some lemon juice on the mushrooms after they have been charred and splash them with red wine vinegar.
- ☐ In a mixing bowl, toss the pea sprouts, olive oil, and remaining lemon juice, so that the sprouts are evenly coated in the liquid. Season, to taste, with salt and pepper, and divide among 4 plates. For a nice effect, stack the sprouts like little hay stacks.
- ☐ Using a peeler, shave cheese over and around salad. Using the mandolin, slice the domestic mushrooms in paper thin slices over and around the salad.
- ☐ Place the portobellos on each haystack and serve.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:4.07, Inflammation Score:-5, Nutrition Score:19.796086684517%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 367.4kcal (18.37%), Fat: 26.87g (41.34%), Saturated Fat: 9.62g (60.1%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 13.47g (4.9%), Sugar: 4.56g (5.06%), Cholesterol: 50.46mg (16.82%), Sodium: 658.77mg (28.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.87g (29.73%), Vitamin B2: 0.7mg (41.21%), Folate: 164.51µg (41.13%), Selenium: 27.42µg (39.17%), Phosphorus: 389.4mg (38.94%), Calcium: 298.18mg (29.82%), Vitamin B3: 5.35mg (26.74%), Copper: 0.48mg (23.9%), Vitamin B6: 0.45mg (22.3%), Vitamin B5: 2.05mg (20.5%), Fiber: 5.03g (20.1%), Zinc: 2.92mg (19.49%), Manganese: 0.37mg (18.65%), Vitamin B1: 0.27mg (17.97%), Vitamin B12: 1.01µg (16.8%), Potassium: 577.16mg (16.49%), Vitamin E: 2.31mg (15.39%), Iron: 2.31mg (12.85%), Magnesium: 43.84mg (10.96%), Vitamin K: 10.58µg (10.07%), Vitamin A: 248.77IU (4.98%), Vitamin C: 3.62mg (4.39%), Vitamin D: 0.52µg (3.46%)