



Grilled Portobello Mushrooms with Tarragon-Parsley Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

SIDE DISH

Ingredients

- 1 tablespoon flat-leaf parsley chopped
- 4 servings olive oil extra-virgin for brushing
- 8 portobello mushrooms stemmed
- 4 servings salt and pepper freshly ground
- 1 tablespoon tarragon leaves chopped
- 4 tablespoons butter unsalted softened

Equipment

bowl

grill

Directions

- Light a grill. In a small bowl, blend the butter with the tarragon and parsley and season with salt and pepper.
- Brush the portobello caps with olive oil and season with salt and pepper. Set the mushrooms on the grill, gills down, and cook over moderate heat, turning once, until tender and nicely charred, about 8 minutes. Dollop the tarragon-parsley butter over the gills and cook for about 1 minute longer, until the butter is melted.
- Transfer the grilled mushrooms to plates and serve right away.

Nutrition Facts

 **PROTEIN 5.83%** **FAT 83.56%** **CARBS 10.61%**

Properties

Glycemic Index:25.5, Glycemic Load:0.53, Inflammation Score:-5, Nutrition Score:13.735217457232%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 266.62kcal (13.33%), Fat: 26.08g (40.12%), Saturated Fat: 9.26g (57.87%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 5.11g (1.86%), Sugar: 4.22g (4.69%), Cholesterol: 30.1mg (10.03%), Sodium: 212.38mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Selenium: 31.47µg (44.95%), Vitamin B3: 7.73mg (38.63%), Copper: 0.5mg (24.81%), Vitamin K: 25.81µg (24.58%), Vitamin B5: 1.93mg (19.35%), Potassium: 673.45mg (19.24%), Phosphorus: 190.86mg (19.09%), Vitamin E: 2.38mg (15.88%), Vitamin B6: 0.29mg (14.61%), Vitamin B2: 0.25mg (14.56%), Folate: 53.78µg (13.44%), Manganese: 0.26mg (12.9%), Vitamin A: 507.6IU (10.15%), Fiber: 2.35g (9.39%), Vitamin B1: 0.11mg (7%), Iron: 1.23mg (6.84%), Zinc: 0.98mg (6.55%), Vitamin D: 0.71µg (4.76%), Calcium: 29.97mg (3%), Vitamin C: 2.2mg (2.67%), Vitamin B12: 0.11µg (1.8%), Magnesium: 6.86mg (1.71%)