



Grilled Portobello Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce balsamic vinaigrette divided (1 cup)
- 0.3 cup goat cheese crumbled
- 4 medium portobello mushroom caps
- 4 cups gourmet salad greens
- 0.5 cup walnuts toasted chopped

Equipment

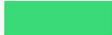
- baking sheet
- oven

ziploc bags

Directions

- Combine 1/2 cup balsamic vinaigrette and mushrooms in a heavy-duty zip-top plastic bag. Chill 2 to 3 hours.
- Drain mushrooms well, and place on a baking sheet.
- Broil 5 inches from heat (with electric oven door partially open) 3 minutes; turn mushrooms over, and broil 5 more minutes or until tender.
- Cut mushrooms into thick slices, cutting to but not through opposite side.
- Arrange salad greens on individual plates; top with walnuts, goat cheese, and mushrooms.
- Drizzle evenly with remaining 1/2 cup vinaigrette.
- Serve with Parmesan cheese toast.
- *1 (8-ounce) bottle Italian dressing may be substituted.
- NOTE: For testing purposes only, we used Newman's Own Balsamic Vinaigrette.

Nutrition Facts

  
 PROTEIN **7.65%**  FAT **81.27%**  CARBS **11.08%**

Properties

Glycemic Index:5, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:11.331304360991%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 365.88kcal (18.29%), Fat: 33.64g (51.75%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 8.25g (3%), Sugar: 4.5g (5%), Cholesterol: 6.53mg (2.18%), Sodium: 580.75mg (25.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.25%), Manganese: 0.63mg (31.51%), Copper: 0.6mg (29.83%), Selenium: 16.9µg (24.14%), Vitamin B3: 4.22mg (21.1%), Phosphorus: 193.24mg (19.32%), Folate: 54.35µg (13.59%), Vitamin B6: 0.27mg (13.52%), Potassium: 442.74mg (12.65%), Vitamin A: 603.88IU (12.08%), Vitamin B2: 0.21mg (12.06%), Vitamin B5: 1.19mg (11.85%), Vitamin C: 9.47mg (11.48%), Fiber: 2.07g (8.29%), Vitamin B1: 0.12mg (8.09%), Magnesium: 29.78mg (7.44%), Zinc: 1.11mg (7.41%), Iron: 1.21mg (6.71%), Calcium: 47.58mg (4.76%), Vitamin D: 0.31µg (2.06%), Vitamin B12: 0.07µg (1.15%)