



Grilled Portobello Salad with Hazelnut Pesto

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces baby arugula
- 1 teaspoon dijon mustard
- 1 small head fennel bulb thinly sliced for garnish
- 1 cup flat-leaf parsley leaves fresh
- 2 cloves garlic
- 0.3 cup hazelnuts toasted chopped
- 4 servings kosher salt and pepper freshly ground
- 0.5 cup olive oil

- 0.5 cup olive oil extra-virgin
- 3 tablespoons parmesan grated
- 4 large portabello mushrooms
- 2 tablespoons sherry vinegar

Equipment

- food processor
- bowl
- baking sheet
- whisk
- grill

Directions

- Place the parsley, hazelnuts, Parmesan and garlic in a food processor and process until coarsely chopped. With the motor running, slowly add the olive oil and process until combined; transfer to a bowl and season with salt and pepper.
- Heat a charcoal or gas grill to medium-high for direct and indirect grilling.
- Brush the mushrooms on both sides with 1/4 of the cup olive oil and season with salt and pepper.
- Place the mushrooms on a baking sheet and roast until cooked through, approximately 10 minutes on the grill.
- Remove to a baking sheet and loosely tent, reserving the liquid that the mushrooms have exuded.
- Whisk together the reserved mushroom liquid, the sherry vinegar, mustard, remaining olive oil and season with salt and pepper.
- Slice the mushrooms into 1/2-inch thick slices and place in a large bowl with the arugula, fennel, and some salt and pepper.
- Drizzle some of the vinaigrette down the sides of the bowl and toss the salad to combine. Spoon a pool of pesto on one side of a large platter. Mound the salad on the other side, and garnish everything with fennel fronds.

Place the mushrooms on a large platter, place the fennel over the mushrooms and drizzle with the pesto. Arrange the arugula around the platter.

Nutrition Facts

PROTEIN 11.03% **FAT 69.31%** **CARBS 19.66%**

Properties

Glycemic Index:53.25, Glycemic Load:1.72, Inflammation Score:-9, Nutrition Score:22.484782664672%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 32.37mg, Apigenin: 32.37mg, Apigenin: 32.37mg, Apigenin: 32.37mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 10.12mg, Kaempferol: 10.12mg, Kaempferol: 10.12mg, Kaempferol: 10.12mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 226.5kcal (11.32%), Fat: 18.61g (28.64%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 6.97g (2.53%), Sugar: 5.6g (6.23%), Cholesterol: 2.55mg (0.85%), Sodium: 322.72mg (14.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.33%), Vitamin K: 321.67µg (306.35%), Manganese: 0.94mg (46.86%), Vitamin A: 2047.03IU (40.94%), Vitamin C: 32.36mg (39.23%), Selenium: 17.86µg (25.51%), Folate: 101.31µg (25.33%), Copper: 0.5mg (25.11%), Vitamin E: 3.66mg (24.4%), Potassium: 818.07mg (23.37%), Vitamin B3: 4.64mg (23.2%), Phosphorus: 202.68mg (20.27%), Fiber: 4.91g (19.64%), Calcium: 157.22mg (15.72%), Iron: 2.67mg (14.85%), Vitamin B5: 1.4mg (13.99%), Vitamin B6: 0.27mg (13.26%), Magnesium: 50mg (12.5%), Vitamin B2: 0.19mg (11.37%), Vitamin B1: 0.15mg (10.13%), Zinc: 1.23mg (8.21%), Vitamin D: 0.27µg (1.81%), Vitamin B12: 0.09µg (1.45%)