



Grilled Portobellos Sauteed in Wine

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 1 tablespoon olive oil
- 4 portobello mushroom caps
- 1 shallots thinly sliced
- 1 cup white wine

Equipment

- frying pan
- grill

cutting board

Directions

Preheat grill for high heat.

Place mushrooms onto the grill, smooth side up. Grill until they start to soften, about 10 minutes. Turn over, and grill on the other side for about 5 minutes.

Meanwhile, heat olive oil and butter in a large skillet over medium heat.

Add the shallot, and fry for a few minutes, stirring frequently.

Remove mushrooms to a cutting board, and slice.

Place into the skillet, and increase the heat to high. Cook for about a minute, then pour in the wine. Continue to cook and stir until the wine is nearly evaporated.

Remove from heat, and serve.

Nutrition Facts

 PROTEIN **8.77%**  FAT **65.51%**  CARBS **25.72%**

Properties

Glycemic Index:23.75, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:6.309130422447%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 128.21kcal (6.41%), Fat: 6.64g (10.21%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.57g (1.66%), Sugar: 3.17g (3.52%), Cholesterol: 7.53mg (2.51%), Sodium: 33.88mg (1.47%), Alcohol: 6.18g (100%), Alcohol %: 4.98% (100%), Protein: 2g (4%), Selenium: 15.79µg (22.56%), Vitamin B3: 3.85mg (19.27%), Copper: 0.25mg (12.41%), Phosphorus: 106.11mg (10.61%), Potassium: 370.11mg (10.57%), Vitamin B5: 1.01mg (10.07%), Vitamin B6: 0.18mg (8.8%), Manganese: 0.15mg (7.32%), Vitamin B2: 0.12mg (7.1%), Folate: 26.35µg (6.59%), Fiber: 1.29g (5.17%), Vitamin E: 0.6mg (4.03%), Vitamin B1: 0.06mg (3.77%), Zinc: 0.55mg (3.64%), Iron: 0.52mg (2.88%), Vitamin K: 2.64µg (2.52%), Magnesium: 7.38mg (1.85%), Vitamin A: 87.71IU (1.75%), Vitamin D:

0.25µg (1.68%), Calcium: 11.11mg (1.11%)