



Grilled Tequila Portobello



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



203 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons roasted garlic oil
- ☐ 1 juice of lime juiced
- ☐ 1 large portobello mushroom cut into 3/4 inch slices
- ☐ 0.3 cup tequila
- ☐ 0.1 cup butter unsalted melted

Equipment

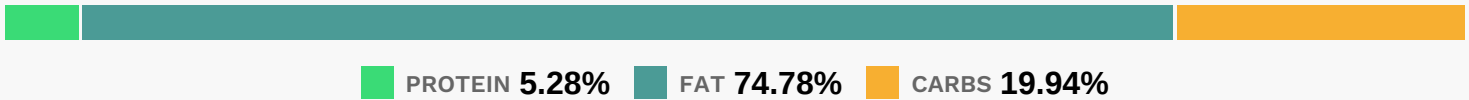
- ☐ bowl

☐ grill

Directions

- ☐ In a small bowl, mix together tequila, melted butter, roasted garlic oil, lime juice, and minced garlic.
- ☐ Let stand for at least 15 minutes.
- ☐ Preheat grill for medium heat.
- ☐ Brush grate with vegetable oil.
- ☐ Brush mushroom slices with tequila mixture, and place on grill. Cook until the mushroom slices begin to wilt, then turn and brush with more of the tequila mixture. Cook for a few minutes, until mushrooms are tender. Watch carefully so they do not burn.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:1.16, Inflammation Score:-4, Nutrition Score:5.3778261257255%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 202.64kcal (10.13%), Fat: 11.73g (18.04%), Saturated Fat: 7.33g (45.78%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 6.17g (2.24%), Sugar: 1.44g (1.6%), Cholesterol: 30.5mg (10.17%), Sodium: 8.07mg (0.35%), Alcohol: 10.02g (100%), Alcohol %: 11.17% (100%), Protein: 1.86g (3.73%), Selenium: 9.74µg (13.92%), Manganese: 0.25mg (12.33%), Vitamin B6: 0.22mg (11.18%), Vitamin C: 8.4mg (10.18%), Vitamin B3: 2.01mg (10.03%), Copper: 0.17mg (8.51%), Vitamin A: 363.17IU (7.26%), Phosphorus: 71.19mg (7.12%), Potassium: 224.56mg (6.42%), Vitamin B5: 0.59mg (5.87%), Vitamin B2: 0.08mg (4.51%), Vitamin B1: 0.06mg (3.74%), Folate: 14.06µg (3.52%), Fiber: 0.87g (3.47%), Calcium: 29.39mg (2.94%), Zinc: 0.4mg (2.7%), Vitamin E: 0.38mg (2.54%), Vitamin D: 0.34µg (2.26%), Iron: 0.37mg (2.06%), Vitamin K: 1.3µg (1.23%), Magnesium: 4.61mg (1.15%)