



Lime-Grilled Portobello Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



41 kcal

SIDE DISH

Ingredients

- 2 tablespoons juice of lime fresh
- 1 teaspoon lime rind grated
- 1 tablespoon olive oil
- 1 teaspoon pepper
- 6 portobello mushroom caps
- 1 teaspoon salt

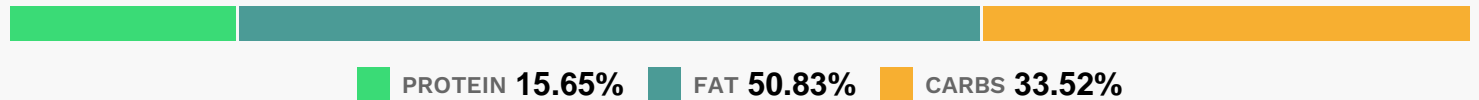
Equipment

- grill

Directions

- Scrape gills from mushroom caps using a metal spoon; discard gills.
- Rub mushrooms evenly with oil; sprinkle evenly with salt, pepper, and rind.
- Drizzle with lime juice, tossing to coat.
- Grill, covered with grill lid, on a grill rack coated with cooking spray over medium-high heat (350 to 400°F) for 7 to 10 minutes on each side or until tender.
- Cut into strips, if desired.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:5.5695652352727%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 41.29kcal (2.06%), Fat: 2.64g (4.07%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 2.71g (0.99%), Sugar: 2.19g (2.44%), Cholesterol: 0mg (0%), Sodium: 395.36mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Selenium: 15.65µg (22.35%), Vitamin B3: 3.79mg (18.93%), Copper: 0.25mg (12.33%), Vitamin B5: 0.97mg (9.69%), Phosphorus: 92.01mg (9.2%), Potassium: 316.48mg (9.04%), Vitamin B2: 0.11mg (6.51%), Vitamin B6: 0.13mg (6.37%), Folate: 24.1µg (6.03%), Manganese: 0.1mg (5.12%), Fiber: 1.21g (4.82%), Vitamin B1: 0.05mg (3.42%), Zinc: 0.45mg (3.03%), Vitamin E: 0.37mg (2.45%), Vitamin C: 1.6mg (1.94%), Vitamin K: 1.98µg (1.89%), Iron: 0.32mg (1.75%), Vitamin D: 0.25µg (1.68%)