



MAIN CHALLENGE: Red Chili Citrus Mushrooms with Grilled Zucchini

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



80

CALORIES



47 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups chicken stock see
- ☐ 1 cup cilantro leaves chopped
- ☐ 8 ounces goat cheese fresh
- ☐ 1 tablespoon ground cumin
- ☐ 0.5 cup honey
- ☐ 1 cup juice of lime
- ☐ 4 tablespoons olive oil

- ☐ 2 cups orange juice
- ☐ 0.3 cup chili powder red
- ☐ 80 servings salt
- ☐ 5 pounds button mushrooms white cut into quarters
- ☐ 1.5 pounds onions yellow sliced
- ☐ 4 pounds zucchini green sliced lengthwise into 3 pieces
- ☐ 4 pounds zucchini yellow sliced lengthwise into 3 pieces

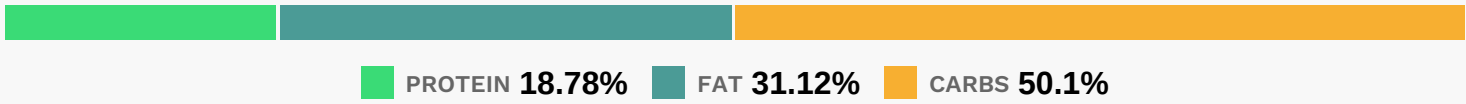
Equipment

- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Heat the oil in a large pot over medium-high heat.
- ☐ Add the onions and mushrooms and saute until golden brown. Season with salt, to taste.
- ☐ Meanwhile, in a medium-sized bowl, combine the orange juice, lime juice and chili powder.
- ☐ Add juices to the mushroom mixture along with the chicken stock. Simmer until liquid is reduced by two-thirds. Stir in the honey and keep warm over low heat.
- ☐ Heat a grill or grill pan to medium.
- ☐ Rub the zucchini slices with the cumin and season with salt. Grill the zucchini, marking both sides, but keeping the slices still firm.
- ☐ Remove to a cutting board. Chop the zucchini into 1-inch pieces and arrange on a large platter. Top with the mushroom mixture and sprinkle with cilantro and goat cheese.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:1.77, Inflammation Score:-4, Nutrition Score:5.4343477526437%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 47.36kcal (2.37%), Fat: 1.83g (2.81%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 5.36g (1.95%), Sugar: 4.61g (5.12%), Cholesterol: 1.57mg (0.52%), Sodium: 239.09mg (10.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Vitamin C: 13.45mg (16.3%), Vitamin B2: 0.19mg (11.19%), Vitamin A: 441.09IU (8.82%), Copper: 0.16mg (7.93%), Vitamin B3: 1.54mg (7.72%), Potassium: 269.84mg (7.71%), Vitamin B6: 0.15mg (7.58%), Manganese: 0.13mg (6.56%), Phosphorus: 58.76mg (5.88%), Vitamin B5: 0.57mg (5.73%), Folate: 20.72µg (5.18%), Fiber: 1.27g (5.07%), Selenium: 3.28µg (4.69%), Vitamin B1: 0.06mg (4.12%), Vitamin K: 4.17µg (3.97%), Magnesium: 15.15mg (3.79%), Vitamin E: 0.56mg (3.73%), Iron: 0.65mg (3.63%), Zinc: 0.4mg (2.69%), Calcium: 19.75mg (1.97%)