



Marinated Portobello Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 10 tablespoons balsamic vinegar
- ☐ 4 tablespoons rosemary dried
- ☐ 1 tablespoon olive oil
- ☐ 2 portabello mushrooms cut into 1/2 inch pieces
- ☐ 4 servings salt and pepper to taste

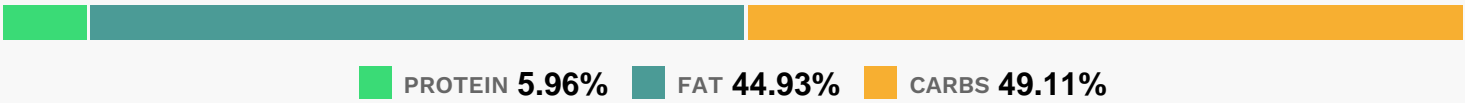
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a nonporous glass dish or bowl, combine the mushrooms, vinegar, rosemary, and salt and pepper. Stir to coat. Cover, and refrigerate for at least 30 minutes.
- ☐ Preheat grill for high heat.
- ☐ Brush grate with oil, and arrange marinated mushrooms on hot grill. Turn after 2 to 3 minutes, and continue grilling until mushrooms are heated through and look wilted and black.
- ☐ Serve hot off the grill.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:3.71, Inflammation Score:-3, Nutrition Score:4.1095652023087%

Nutrients (% of daily need)

Calories: 82kcal (4.1%), Fat: 3.95g (6.08%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 9.72g (3.24%), Net Carbohydrates: 8.32g (3.03%), Sugar: 7.03g (7.81%), Cholesterol: 0mg (0%), Sodium: 207.84mg (9.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Selenium: 7.9µg (11.29%), Vitamin B3: 1.91mg (9.54%), Copper: 0.14mg (7.08%), Potassium: 216.85mg (6.2%), Manganese: 0.12mg (5.96%), Iron: 1.02mg (5.69%), Fiber: 1.4g (5.59%), Phosphorus: 54.36mg (5.44%), Vitamin B6: 0.1mg (4.85%), Vitamin B5: 0.48mg (4.79%), Folate: 17.9µg (4.47%), Calcium: 37.81mg (3.78%), Vitamin B2: 0.06mg (3.72%), Vitamin E: 0.51mg (3.42%), Vitamin B1: 0.04mg (2.34%), Magnesium: 9.2mg (2.3%), Zinc: 0.32mg (2.13%), Vitamin K: 2.11µg (2.01%), Vitamin C: 1.22mg (1.48%), Vitamin A: 62.56IU (1.25%)