



Marinated Portobellos



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



34 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons garlic minced
- ☐ 2 tablespoons orange juice
- ☐ 16 inch portobello mushroom caps
- ☐ 1 teaspoon sesame oil
- ☐ 0.3 cup teriyaki sauce low-sodium

Equipment

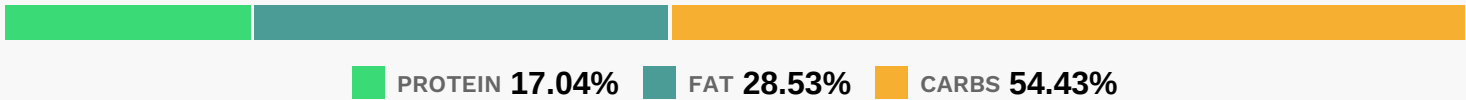
- ☐ bowl

☐ grill

Directions

- ☐ Combine first 5 ingredients in a small bowl; stir well.
- ☐ Place mushroom caps, gills up, in a shallow dish.
- ☐ Pour teriyaki mixture evenly over gills. Cover and chill at least 1 hour.
- ☐ Prepare grill.
- ☐ Place mushroom caps, gills down, on a grill rack coated with cooking spray; grill, covered, 5 minutes on each side or until tender.
- ☐ Cut mushroom caps into 1/2- inch-thick slices.
- ☐ Sprinkle with sesame seeds, if desired.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:1.9256521761417%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 33.51kcal (1.68%), Fat: 1.08g (1.66%), Saturated Fat: 0.15g (0.97%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 4.4g (1.6%), Sugar: 3.53g (3.92%), Cholesterol: 0mg (0%), Sodium: 692.7mg (30.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Vitamin C: 4.72mg (5.72%), Phosphorus: 42.81mg (4.28%), Vitamin B3: 0.74mg (3.72%), Selenium: 2.33µg (3.34%), Magnesium: 12.48mg (3.12%), Potassium: 102.93mg (2.94%), Vitamin B6: 0.06mg (2.88%), Copper: 0.06mg (2.83%), Iron: 0.4mg (2.23%), Vitamin B2: 0.03mg (1.83%), Vitamin B5: 0.18mg (1.78%), Manganese: 0.04mg (1.77%), Folate: 6.91µg (1.73%), Vitamin B1: 0.02mg (1.49%), Vitamin A: 54.2IU (1.08%)