



Mushroom and Pecorino Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground plus more to taste
- ☐ 4 large celery stalks thinly sliced
- ☐ 0.5 cup parsley leaves fresh chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 5 ounces pecorino cheese crumbled
- ☐ 1 teaspoon salt plus more to taste
- ☐ 1 pound button mushrooms white thinly sliced

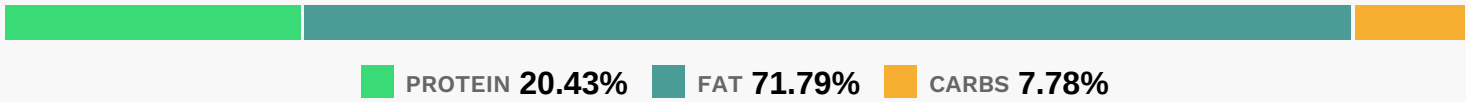
Equipment

☐ bowl

Directions

- ☐ Place the mushrooms in a medium bowl and toss with 1/4 cup of olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Layer the mushrooms on the bottom of a straight-sided glass salad bowl.
- ☐ Place the celery in the same medium bowl used to toss the mushrooms. Toss with 1 tablespoon olive oil and a pinch of salt and pepper.
- ☐ Layer the celery on top of the mushrooms.
- ☐ Sprinkle the parsley over the celery.
- ☐ Sprinkle the crumbled cheese over the parsley.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:13.050000024878%

Flavonoids

Apigenin: 10.86mg, Apigenin: 10.86mg, Apigenin: 10.86mg, Apigenin: 10.86mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 190.21kcal (9.51%), Fat: 15.67g (24.11%), Saturated Fat: 5.33g (33.33%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 2.82g (1.02%), Sugar: 1.75g (1.94%), Cholesterol: 24.57mg (8.19%), Sodium: 680mg (29.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.07%), Vitamin K: 88.99µg (84.75%), Calcium: 262.67mg (26.27%), Phosphorus: 248.37mg (24.84%), Vitamin B2: 0.4mg (23.41%), Selenium: 10.48µg (14.97%), Vitamin B3: 2.82mg (14.12%), Copper: 0.26mg (12.92%), Vitamin B5: 1.26mg (12.61%), Vitamin A: 532.13IU (10.64%), Vitamin C: 8.32mg (10.09%), Vitamin E: 1.4mg (9.36%), Potassium: 297.74mg (8.51%), Zinc: 1.06mg (7.08%), Folate: 23.09µg (5.77%), Vitamin B6: 0.11mg (5.28%), Iron: 0.95mg (5.25%), Vitamin B1: 0.08mg (5%), Vitamin B12: 0.29µg (4.91%), Magnesium: 19.58mg (4.89%), Fiber: 1.01g (4.02%), Manganese: 0.07mg (3.66%), Vitamin D: 0.27µg (1.8%)