



Mushroom Carpaccio with Pecorino Toscano

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup celery leaves
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 pound pecorino cheese
- ☐ 8 servings sea salt
- ☐ 0.5 pound mushrooms white

Equipment

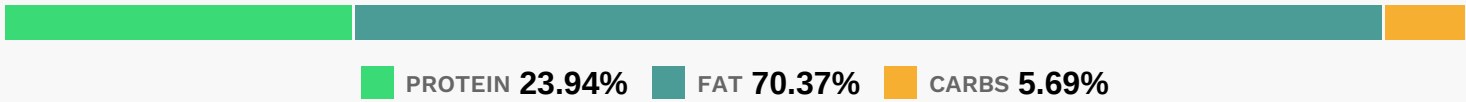
- ☐ paper towels

☐ peeler

Directions

- ☐ Slice mushrooms lengthwise as thinly as possible with slicer.
- ☐ Spread mushrooms out on a large platter and drizzle with lemon juice. Using a vegetable peeler, shave some of Pecorino Toscano over top.
- ☐ Drizzle with oil and sprinkle with celery leaves.
- ☐ Fontaleoni Vernaccia diSan Gimignano '07
- ☐ Mushrooms can be sliced 1 hour ahead and chilled, covered with damp paper towels.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:6.2608695600344%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 164.01kcal (8.2%), Fat: 13g (20%), Saturated Fat: 5.59g (34.97%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.94g (1.04%), Cholesterol: 29.48mg (9.83%), Sodium: 541.45mg (23.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.9%), Calcium: 305.79mg (30.58%), Phosphorus: 241.84mg (24.18%), Vitamin B2: 0.22mg (13.15%), Selenium: 6.78µg (9.69%), Zinc: 0.89mg (5.94%), Vitamin K: 5.95µg (5.67%), Vitamin B5: 0.57mg (5.66%), Vitamin E: 0.85mg (5.65%), Vitamin B12: 0.33µg (5.48%), Vitamin B3: 1.07mg (5.36%), Copper: 0.1mg (5.09%), Potassium: 136.74mg (3.91%), Magnesium: 15.16mg (3.79%), Vitamin A: 151.02IU (3.02%), Vitamin B6: 0.06mg (3.02%), Folate: 10.03µg (2.51%), Vitamin B1: 0.04mg (2.38%), Vitamin C: 1.91mg (2.32%), Iron: 0.41mg (2.27%), Fiber: 0.41g (1.64%), Manganese: 0.03mg (1.37%), Vitamin D: 0.2µg (1.32%)