



Mushroom Salad with Maple Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon pepper black
- 8 ounce button mushrooms quartered
- 1 tablespoon cilantro leaves fresh finely chopped
- 0.3 cup green onions chopped
- 2 tablespoons juice of lime
- 0.3 teaspoon soya sauce low-sodium
- 2 tablespoons maple syrup
- 6 cups gourmet salad greens

- 0.3 teaspoon sesame oil
- 1.5 teaspoons vegetable oil

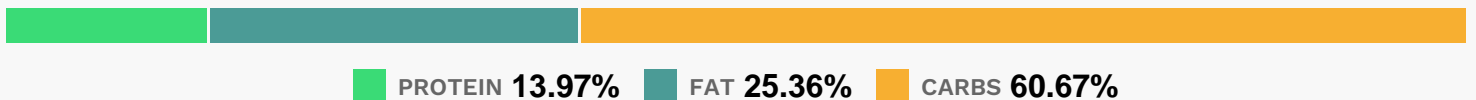
Equipment

- bowl
- frying pan
- whisk

Directions

- Combine the first 5 ingredients in a small bowl, and stir well with a whisk.
- Heat vegetable oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add mushrooms; saut for 6 minutes or until tender.
- Remove from heat; add maple mixture, tossing to coat.
- Combine greens, onions, and cilantro in a large bowl.
- Add mushroom mixture, tossing to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:3, Inflammation Score:-6, Nutrition Score:8.6660869328872%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 71.1kcal (3.56%), Fat: 2.2g (3.38%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 10.99g (4%), Sugar: 7.44g (8.26%), Cholesterol: 0mg (0%), Sodium: 32.13mg (1.4%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Vitamin B2: 0.39mg (23.16%), Vitamin C: 18.95mg (22.97%), Vitamin K: 20.84µg (19.85%), Manganese: 0.37mg (18.46%), Vitamin A: 775.52IU (15.51%), Vitamin B3: 2.44mg (12.22%), Copper: 0.22mg (11.02%), Potassium: 340.23mg (9.72%), Folate: 38.13µg (9.53%), Vitamin B5: 0.94mg (9.39%), Selenium: 5.58µg (7.97%), Phosphorus: 76.96mg (7.7%), Vitamin B6: 0.12mg (5.79%), Vitamin B1: 0.08mg (5.15%), Iron: 0.81mg (4.53%), Magnesium: 16.42mg (4.1%), Zinc: 0.53mg (3.55%), Fiber: 0.83g (3.34%), Calcium: 27.89mg (2.79%), Vitamin E: 0.21mg (1.43%)