



Mushroom Salad with Truffle Oil and Parmigiano-Reggiano

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



41 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.8 pound button mushrooms thinly sliced
- 1.3 cups celery thinly sliced (4 stalks)
- 1 teaspoon olive oil extravirgin
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon rind grated
- 1 ounce parmigiano-reggiano cheese fresh shaved

0.3 teaspoon salt

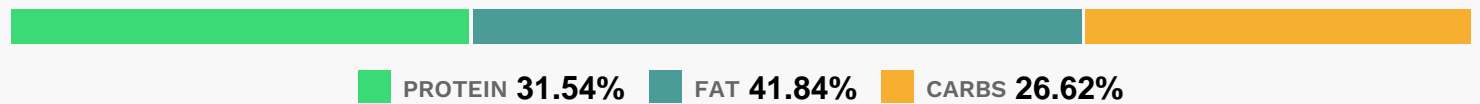
Equipment

bowl

Directions

- Combine oil, lemon rind, lemon juice, salt, and freshly ground pepper in a small bowl.
- Combine mushrooms and celery in a large bowl.
- Drizzle with oil mixture; toss gently to coat.
- Arrange 1 cup mushroom mixture on each of 6 plates; top each serving with about 2 teaspoons shaved cheese.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:5.2369565315869%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 41.22kcal (2.06%), Fat: 2.13g (3.28%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.58g (1.75%), Cholesterol: 3.21mg (1.07%), Sodium: 192.35mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Vitamin B2: 0.26mg (15.1%), Vitamin B3: 2.13mg (10.67%), Copper: 0.19mg (9.57%), Vitamin B5: 0.93mg (9.3%), Selenium: 6.43µg (9.19%), Phosphorus: 87.15mg (8.72%), Potassium: 245.91mg (7.03%), Calcium: 67.02mg (6.7%), Vitamin K: 6.78µg (6.46%), Vitamin C: 3.99mg (4.84%), Folate: 18.58µg (4.65%), Vitamin B6: 0.08mg (4.08%), Fiber: 0.96g (3.83%), Vitamin B1: 0.05mg (3.57%), Manganese: 0.06mg (3.04%), Zinc: 0.46mg (3.04%), Vitamin A: 132.22IU (2.64%), Magnesium: 9.97mg (2.49%), Iron: 0.38mg (2.12%), Vitamin B12: 0.08µg (1.32%), Vitamin E: 0.18mg (1.18%)