



Portabella Mushrooms with Herbs

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 teaspoon oregano dried fresh chopped
- ☐ 1 teaspoon thyme leaves dried fresh chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 clove garlic finely chopped
- ☐ 4 portabello mushrooms fresh
- ☐ 1 oz feta cheese crumbled

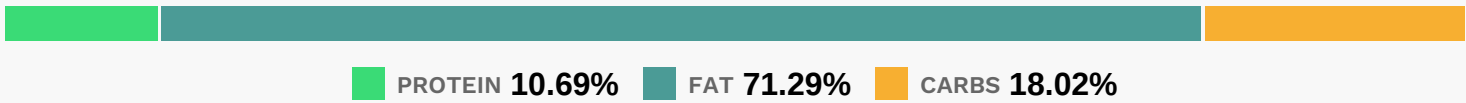
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ In large glass or plastic bowl or resealable food-storage plastic bag, mix oil, vinegar, oregano, thyme, salt and garlic.
- ☐ Add mushrooms; turn to coat. Cover dish or seal bag; refrigerate 1 hour.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Remove mushrooms from marinade (mushrooms will absorb most of the marinade). Cover and grill mushrooms over medium heat 8 to 10 minutes or until tender.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:7.3530434681022%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 103.84kcal (5.19%), Fat: 8.65g (13.31%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.53g (1.28%), Sugar: 2.73g (3.03%), Cholesterol: 6.31mg (2.1%), Sodium: 162.24mg (7.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Selenium: 16.82µg (24.02%), Vitamin B3: 3.88mg (19.41%), Vitamin K: 15.75µg (15%), Copper: 0.25mg (12.59%), Phosphorus: 117.78mg (11.78%), Vitamin B5: 1.04mg (10.37%), Vitamin B2: 0.17mg (10.28%), Potassium: 327mg (9.34%), Vitamin B6: 0.17mg (8.53%), Folate: 27.22µg (6.81%), Manganese: 0.11mg (5.57%), Fiber: 1.39g (5.56%), Calcium: 49.95mg (5%), Zinc: 0.68mg (4.56%), Vitamin E: 0.68mg (4.52%), Vitamin B1: 0.06mg (4.21%), Iron: 0.62mg (3.45%), Vitamin B12: 0.16µg (2.7%), Vitamin D: 0.28µg (1.87%),

Vitamin C: 1.05mg (1.27%), Vitamin A: 62.24IU (1.24%), Magnesium: 4.17mg (1.04%)