



Portabella Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 pound arugula packed rinsed (14 cups, lightly)
- 0.3 pound cherry tomatoes rinsed
- 3 tablespoons dijon mustard coarse-grain
- 0.5 cup nonfat mayonnaise
- 4 portabella mushrooms (5-in.-wide caps)
- 1.5 tablespoons red wine vinegar
- 4 servings salt and pepper

Equipment

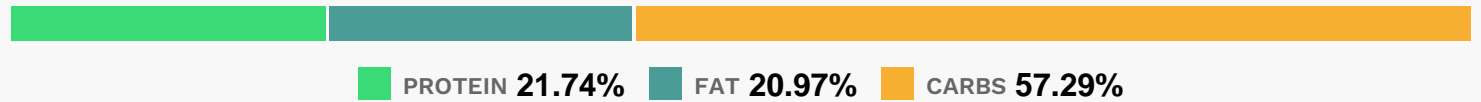
frying pan

oven

Directions

- Trim mushroom stems flush with caps; save stems for other uses. Quickly rinse mushroom caps and drain on towels, smooth side up.
- Place caps, gills down, in a 10- by 15-inch pan. Broil about 4 inches from heat for 5 minutes (about 4 minutes in a convection oven), then turn over and broil until juice in caps bubbles and mushrooms are flexible, 6 to 7 minutes more (about 6 minutes more in convection oven).
- Meanwhile, cut cherry tomatoes in half and discard tough arugula stems.
- Mix mayonnaise, mustard, and vinegar.
- Cut each mushroom cap into thin, slanting slices. Divide arugula among plates. Top arugula equally with mushroom slices (and any juices) and cherry tomatoes. Spoon mayonnaise mixture onto salads.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.59, Inflammation Score:-9, Nutrition Score:18.43999993542%

Flavonoids

Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg Kaempferol: 29.68mg, Kaempferol: 29.68mg, Kaempferol: 29.68mg, Kaempferol: 29.68mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 77.03kcal (3.85%), Fat: 2.05g (3.15%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 8.9g (3.23%), Sugar: 7.68g (8.54%), Cholesterol: 2.6mg (0.87%), Sodium: 579.17mg (25.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.55%), Vitamin K: 100.8µg (96%), Vitamin A: 2164.82IU (43.3%), Selenium: 19.93µg (28.48%), Folate: 110.49µg (27.62%), Vitamin C: 19.29mg (23.39%), Vitamin B3: 4.25mg (21.24%), Manganese: 0.42mg (20.85%), Potassium: 714.65mg (20.42%), Copper: 0.34mg (17.05%), Phosphorus: 156.93mg (15.69%), Calcium: 150.99mg (15.1%), Fiber: 3.68g (14.73%), Vitamin B5: 1.4mg (14%), Magnesium: 48.73mg (12.18%), Vitamin B2: 0.2mg (11.77%), Vitamin B6: 0.22mg (10.83%), Iron: 1.94mg (10.75%), Vitamin B1: 0.12mg (7.9%),

Zinc: 0.97mg (6.49%), Vitamin E: 0.59mg (3.95%), Vitamin D: 0.25µg (1.68%)