



Portabella Steaks with Mustard-Shallot Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon cornstarch
- ☐ 2 tablespoons dijon mustard
- ☐ 0.8 teaspoon tarragon dried
- ☐ 1 cup evaporated milk low-fat
- ☐ 1 tablespoon olive oil
- ☐ 4 portabella mushroom caps
- ☐ 4 servings salt and pepper

- ☐ 0.5 cup shallots chopped
- ☐ 3 cups watercress
- ☐ 4 teaspoons worcestershire

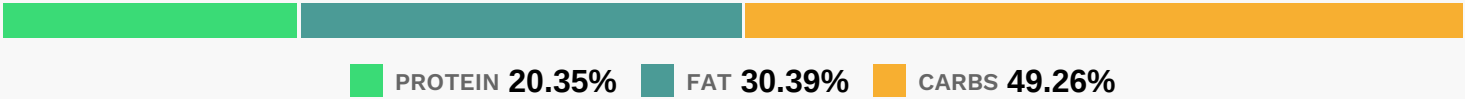
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Rinse and drain watercress; pluck off tender sprigs (you should have 1 1/2 to 2 cups). Chop enough of the remaining watercress (including stems) to make 1/4 cup; save leftovers for other uses or discard.
- ☐ Trim off and discard any mushroom stems to make ends flush with interior of caps; rinse caps and pat dry. In a small bowl, mix olive oil and 1 tablespoon Worcestershire. Rub mixture evenly over smooth sides of mushroom caps.
- ☐ Sprinkle both sides lightly with salt and pepper.
- ☐ Lay caps, gill side down, on a rack in a 10- by 15-inch broiler or baking pan.
- ☐ Broil about 4 inches from heat until juice starts to drip from mushroom caps, 4 to 5 minutes. Turn caps over and broil until juice in caps bubbles and mushrooms are flexible, 5 to 7 minutes longer.
- ☐ Meanwhile, combine shallots, vinegar, and tarragon in an 8- to 10-inch frying pan; boil over high heat, stirring often, until all the liquid has evaporated, about 1 minute. In another small bowl, mix cornstarch with 2 tablespoons water until smooth; whisk in milk, mustard, and remaining 1 teaspoon Worcestershire.
- ☐ Add to shallot mixture and stir until boiling.
- ☐ Add salt and pepper to taste.
- ☐ Transfer mushroom caps to dinner plates. Tuck watercress sprigs alongside caps. Spoon sauce equally over mushrooms and sprinkle with chopped watercress.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:2.43, Inflammation Score:-7, Nutrition Score:12.966956628406%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 5.87mg, Kaempferol: 5.87mg, Kaempferol: 5.87mg, Kaempferol: 5.87mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 148.45kcal (7.42%), Fat: 5.2g (8%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 16.44g (5.98%), Sugar: 13.38g (14.87%), Cholesterol: 10.88mg (3.63%), Sodium: 453.82mg (19.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.66%), Vitamin K: 66.27µg (63.11%), Selenium: 18.81µg (26.87%), Vitamin B3: 4mg (20.01%), Vitamin C: 14.33mg (17.37%), Vitamin A: 845.18IU (16.9%), Potassium: 572.78mg (16.37%), Copper: 0.31mg (15.47%), Manganese: 0.28mg (14.2%), Phosphorus: 138.95mg (13.9%), Vitamin B6: 0.27mg (13.67%), Vitamin B5: 1.14mg (11.45%), Fiber: 2.52g (10.07%), Vitamin B2: 0.16mg (9.62%), Folate: 37.9µg (9.48%), Calcium: 80.16mg (8.02%), Iron: 1.33mg (7.41%), Vitamin B1: 0.11mg (7.3%), Vitamin E: 0.82mg (5.46%), Magnesium: 18.7mg (4.67%), Zinc: 0.68mg (4.51%), Vitamin D: 0.25µg (1.68%)