



Portabella Tortillas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

SIDE DISH

Ingredients

- ☐ 1 cup arugula trimmed
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 4 8-inch flour tortillas
- ☐ 1 ounce fontina shredded
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 8 garlic cloves peeled
- ☐ 2 tablespoons miso soybean paste
- ☐ 1 tablespoon olive oil

- ☐ 1 teaspoon olive oil
- ☐ 2 teaspoons olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound portabella mushroom caps
- ☐ 8 slices onion red 1/4-inch-thick
- ☐ 0.3 teaspoon rubbed sage
- ☐ 4 cups gourmet salad greens
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sherry vinegar
- ☐ 4.5 cups sweet potatoes and into diced peeled
- ☐ 1 cup tomatoes diced seeded
- ☐ 2 cups watercress trimmed 1 bunch

Equipment

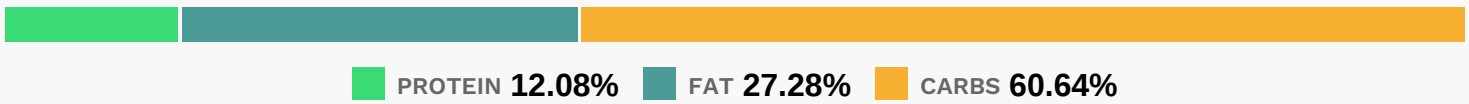
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine the first 7 ingredients in a 13 x 9-inch baking dish coated with cooking spray; toss well. Arrange garlic cloves on top of sweet potato mixture, and bake at 400 for 30 minutes.
- ☐ Remove garlic; thinly slice, and set aside. Set sweet potato mixture aside.
- ☐ Brush 2 teaspoons olive oil over onion slices and mushroom caps.
- ☐ Sprinkle 1/8 teaspoon salt and 1/8 teaspoon pepper over mushrooms.
- ☐ Place onion and mushrooms on a baking sheet; broil 4 minutes on each side or until tender. Slice mushroom caps into thin strips; set mushrooms and onion slices aside.

- ☐ Place a medium nonstick skillet over medium-high heat until hot.
- ☐ Add 1 tortilla, and cook 15 seconds on each side.
- ☐ Remove from skillet; set aside, and keep warm. Repeat procedure with remaining tortillas.
- ☐ Spread 1 1/2 teaspoons miso over each tortilla. Divide the garlic, mushrooms, tomato, arugula, and fontina cheese evenly among tortillas, and roll up.
- ☐ Cut each rolled tortilla in half crosswise.
- ☐ Combine salad greens and watercress; toss well. Arrange 1 1/2 cups salad mixture on each of 4 plates.
- ☐ Combine vinegar and 1 tablespoon oil; stir well.
- ☐ Drizzle vinegar mixture over salads; top each salad with 2 rolled tortilla halves, 3/4 cup sweet potato mixture, and 2 onion slices.

Nutrition Facts



Properties

Glycemic Index:108.75, Glycemic Load:25.52, Inflammation Score:-10, Nutrition Score:34.610000392665%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 5.94mg, Kaempferol: 5.94mg, Kaempferol: 5.94mg, Kaempferol: 5.94mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg

Nutrients (% of daily need)

Calories: 450.72kcal (22.54%), Fat: 14g (21.54%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 70.01g (23.34%), Net Carbohydrates: 60.45g (21.98%), Sugar: 14g (15.56%), Cholesterol: 8.22mg (2.74%), Sodium: 1084.27mg (47.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.9%), Vitamin A: 22898.56IU (457.97%), Vitamin K: 98.35µg (93.66%), Manganese: 1.12mg (56.08%), Selenium: 36.32µg (51.89%), Vitamin B3: 8.87mg (44.34%), Vitamin C: 32.71mg (39.65%), Phosphorus: 392.72mg (39.27%), Fiber: 9.56g (38.24%), Potassium: 1316.9mg (37.63%), Copper: 0.74mg (36.77%), Vitamin B6: 0.73mg (36.58%), Vitamin B1: 0.52mg (34.69%), Folate: 133.72µg (33.43%), Vitamin B5: 2.87mg (28.69%), Vitamin B2: 0.49mg (28.55%), Iron: 4.26mg (23.65%), Calcium: 226.73mg (22.67%), Magnesium: 74.21mg (18.55%), Zinc: 2.12mg (14.15%), Vitamin E: 1.79mg (11.95%), Vitamin B12: 0.18µg (3.04%), Vitamin D: 0.38µg (2.55%)