



Portabellas with Corn Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar white
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 teaspoon salt
- ☐ 12 oz portabello mushrooms fresh
- ☐ 1 cup corn frozen cooked drained
- ☐ 1 cup plum tomatoes chopped (Roma)
- ☐ 0.5 cup olives ripe sliced

☐ 0.3 cup parsley fresh chopped

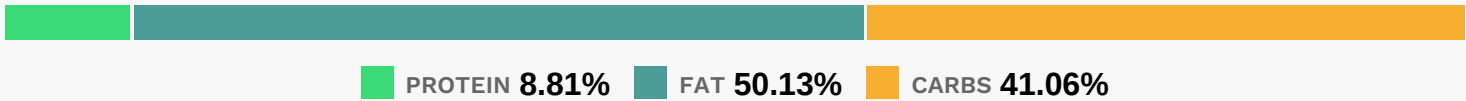
Equipment

- ☐ frying pan
- ☐ broiler pan

Directions

- ☐ Mix vinegar, oil, sugar and salt. Reserve 1/4 cup for corn salsa.
- ☐ Spray broiler pan with cooking spray.
- ☐ Place mushrooms, stem sides up, in pan.
- ☐ Brush lightly with vinegar mixture. Broil about 6 inches from heat 2 minutes. Turn mushrooms; brush with remaining vinegar mixture. Broil 2 to 3 minutes longer or until tender.
- ☐ Remove from pan; cool 5 minutes.
- ☐ Mix corn, tomatoes, olives, parsley and reserved vinegar mixture.
- ☐ Cut mushrooms into 1/2-inch slices.
- ☐ Serve with corn salsa.

Nutrition Facts



Properties

Glycemic Index:23.76, Glycemic Load:1.01, Inflammation Score:-4, Nutrition Score:7.043043565491%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 84.1kcal (4.2%), Fat: 5.08g (7.81%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 7.53g (2.74%), Sugar: 3.05g (3.39%), Cholesterol: 0mg (0%), Sodium: 213.07mg (9.26%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Vitamin K: 39.46µg (37.58%), Vitamin B3: 2.48mg (12.39%), Selenium: 8.15µg (11.65%), Vitamin C: 8.03mg (9.73%), Vitamin A: 438.28IU (8.77%), Potassium: 306.19mg (8.75%), Copper: 0.16mg (8.21%), Phosphorus: 73.53mg (7.35%), Fiber: 1.83g (7.3%), Folate: 27.7µg (6.92%), Vitamin B6: 0.13mg (6.39%), Vitamin B5: 0.58mg (5.81%), Manganese: 0.11mg (5.34%), Vitamin E: 0.78mg (5.21%), Vitamin B2: 0.08mg (4.8%), Vitamin B1: 0.06mg (4.04%), Magnesium: 12.44mg (3.11%), Iron: 0.55mg (3.08%), Zinc: 0.45mg (2.99%), Calcium: 13.7mg (1.37%)