



Portobello and Asparagus Salad



Vegetarian



Vegan



Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bunch asparagus fresh
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 pound penne pasta cooked
- ☐ 1 teaspoon parsley flakes dried
- ☐ 1.5 teaspoons garlic powder
- ☐ 1 pint grape tomatoes halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil

- ☐ 1.5 teaspoons onion powder
- ☐ 2 teaspoons oregano dried
- ☐ 4 large portabello mushrooms
- ☐ 1 teaspoon salt

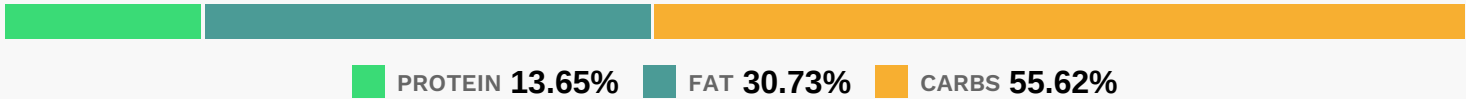
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Remove stems from portobello mushrooms.
- ☐ Brush mushrooms, asparagus and tomatoes with olive oil. Grill mushrooms over medium heat until tender, 4 to 5 minutes per side, turning occasionally.
- ☐ Cut mushrooms into thin strips; place in a medium bowl.
- ☐ Grill asparagus over medium heat for 3 to 4 minutes, turning occasionally.
- ☐ Cut asparagus into 2 inch lengths; add to mushrooms in bowl.
- ☐ Grill tomatoes, cut side down, over medium heat for 3 minutes.
- ☐ Add to mushrooms and asparagus and toss in the pasta.
- ☐ Drizzle with lemon juice and olive oil.
- ☐ Sprinkle with seasoning, tossing gently to coat.
- ☐ Combine all ingredients in a bowl and transfer to an airtight container. Store in a cool, dry place up to 6 months.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:11.96, Inflammation Score:-9, Nutrition Score:16.970000136158%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.33mg, Isorhamnetin: 4.33mg, Isorhamnetin: 4.33mg, Isorhamnetin: 4.33mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg

Nutrients (% of daily need)

Calories: 230.78kcal (11.54%), Fat: 8.21g (12.63%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 28.3g (10.29%), Sugar: 5.52g (6.13%), Cholesterol: 0mg (0%), Sodium: 400.13mg (17.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.41%), Selenium: 32.4µg (46.29%), Vitamin K: 46.58µg (44.37%), Manganese: 0.58mg (29.17%), Vitamin A: 1237.71IU (24.75%), Copper: 0.44mg (22.04%), Vitamin C: 17.1mg (20.73%), Fiber: 5.14g (20.56%), Vitamin B3: 4.07mg (20.35%), Folate: 75.14µg (18.79%), Iron: 3.35mg (18.61%), Potassium: 607.96mg (17.37%), Phosphorus: 168.96mg (16.9%), Vitamin E: 2.48mg (16.52%), Vitamin B6: 0.28mg (13.88%), Vitamin B1: 0.19mg (12.86%), Vitamin B2: 0.22mg (12.67%), Vitamin B5: 1.03mg (10.26%), Magnesium: 36.67mg (9.17%), Zinc: 1.29mg (8.6%), Calcium: 48.29mg (4.83%), Vitamin D: 0.17µg (1.12%)