



Portobello Frites



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup canola oil for frying
- ☐ 1 teaspoon sea salt
- ☐ 1 teaspoon dijon mustard
- ☐ 1 cup wine dry red
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup olive oil

- ☐ 4 portabello mushrooms
- ☐ 2 baking potatoes scrubbed
- ☐ 2 teaspoons salt
- ☐ 1 teaspoon shallots minced
- ☐ 0.3 cup vegetable stock

Equipment

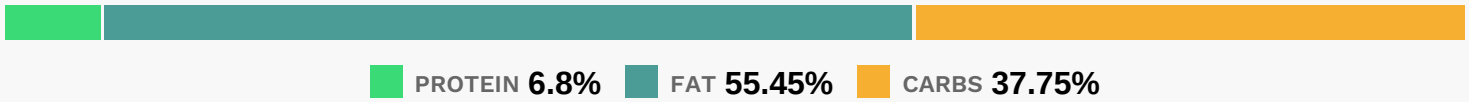
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400°F. Puncture each potato with a fork three times, sprinkle each with 1/2 teaspoon of the coarse sea salt, and wrap individually in foil.
- ☐ Bake until tender to the touch, about 40 minutes. Unwrap the potatoes and let cool; when cool enough to handle, cut each into eight wedges. Set aside.
- ☐ While the potatoes are cooling, whisk together the olive oil, 1 teaspoon of the salt, the garlic, pepper, and shallots in a small bowl.
- ☐ Place the portobello caps on a sheet pan with rimmed edges and coat them evenly on both sides with the olive oil mixture, leaving them rounded sides up. Roast until soft in the middle, 8 to 12 minutes.
- ☐ Transfer the portobello caps to a plate, still rounded sides up, and set aside to cool.
- ☐ Pour the wine, vegetable stock, and mustard onto the warm sheet pan to mix with the mushroom cooking juices. Scrape any solids off the tray, then carefully pour this mixture into a large saucepan.
- ☐ Heat the mixture over medium heat until reduced by half, 8 to 10 minutes.

- ☐ Stir the tarragon into the red wine sauce.
- ☐ Remove the saucepan from the heat and cover to keep warm.
- ☐ In a large sauté pan, heat the canola oil over high heat. When the oil is very hot, carefully fry a few potato wedges at a time until they turn brown on all sides, about 6 minutes.
- ☐ Transfer the frites as they are done to a plate lined with paper towels and sprinkle them lightly with the remaining 1 teaspoon salt.
- ☐ Reheat the portobello caps in the oven if necessary.
- ☐ Serve smothered with red wine sauce and frites on the side.
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Nutrition Facts



Properties

Glycemic Index:80.94, Glycemic Load:15.9, Inflammation Score:-5, Nutrition Score:12.283478272998%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 305.9kcal (15.29%), Fat: 16.87g (25.95%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 23.02g (8.37%), Sugar: 2.95g (3.28%), Cholesterol: 0mg (0%), Sodium: 1831.14mg (79.61%), Alcohol: 6.3g (100%), Alcohol %: 2.64% (100%), Protein: 4.66g (9.31%), Vitamin B6: 0.55mg (27.36%), Vitamin B3: 5.05mg (25.26%), Selenium: 16.69µg (23.85%), Potassium: 816.41mg (23.33%), Manganese: 0.45mg (22.6%), Copper: 0.37mg (18.67%), Vitamin E: 2.47mg (16.48%), Phosphorus: 158.36mg (15.84%), Vitamin B5: 1.29mg (12.95%), Vitamin K: 12.89µg (12.28%), Fiber: 2.82g (11.27%), Folate: 43.59µg (10.9%), Iron: 1.92mg (10.66%), Vitamin

B2: 0.17mg (10.03%), Vitamin B1: 0.15mg (9.73%), Vitamin C: 7.22mg (8.76%), Magnesium: 32.36mg (8.09%), Zinc: 0.85mg (5.68%), Calcium: 42.06mg (4.21%), Vitamin A: 109.56IU (2.19%), Vitamin D: 0.25µg (1.68%)