



Portobello Frites



Vegetarian



Gluten Free

READY IN



42 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 2 baked baking potatoes cooled cut lengthwise into 8 wedges each
- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 tablespoon vegan butter
- ☐ 2 tablespoons canola oil
- ☐ 0.3 teaspoon cornstarch
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 teaspoon garlic fresh minced

- ☐ 1 tablespoon olive oil
- ☐ 4 portabello mushrooms
- ☐ 0.5 teaspoon salt divided
- ☐ 1 teaspoon shallots minced
- ☐ 1 tablespoon tarragon chopped
- ☐ 0.3 cup vegetable stock unsalted vedge-style
- ☐ 1 teaspoon water

Equipment

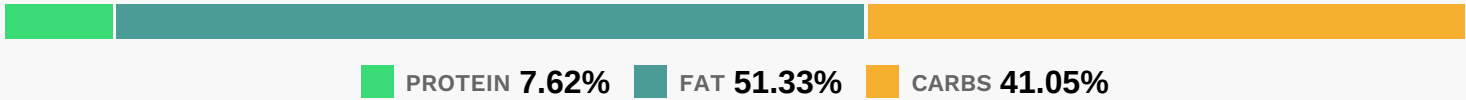
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400
- ☐ Combine first 3 ingredients, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl.
- ☐ Add mushrooms; toss gently to coat. Arrange mushrooms, cap sides down, on a jelly-roll pan.
- ☐ Bake at 400 for 12 minutes or until tender.
- ☐ Remove from oven.
- ☐ Place 1 mushroom on each of 4 plates.
- ☐ Add wine, stock, and mustard to jelly-roll pan; stir with a whisk to mix with mushroom juices.
- ☐ Pour wine mixture into a small saucepan over medium heat. Bring to a boil; cook until wine mixture is reduced to 1/4 cup (about 15 minutes).
- ☐ Combine 1 teaspoon water and cornstarch, stirring with a whisk. Stir cornstarch mixture into wine mixture; boil 1 minute or until mixture begins to thicken, stirring constantly with a whisk.
- ☐ Remove from heat.
- ☐ Add vegan butter and tarragon, stirring until butter melts.

- ☐
- Heat canola oil in a large skillet over medium-high heat.
- ☐
- Add potato wedges; cook 3 minutes on each side or until the wedges are browned.
- ☐
- Sprinkle with remaining salt and pepper and serve with mushrooms and wine sauce.

Nutrition Facts



Properties

Glycemic Index:93.44, Glycemic Load:15.87, Inflammation Score:-5, Nutrition Score:11.918260747972%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 254.67kcal (12.73%), Fat: 13.9g (21.38%), Saturated Fat: 2.92g (18.22%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 22.26g (8.09%), Sugar: 2.95g (3.28%), Cholesterol: 7.53mg (2.51%), Sodium: 400.04mg (17.39%), Alcohol: 3.15g (100%), Alcohol %: 1.56% (100%), Protein: 4.64g (9.28%), Vitamin B6: 0.55mg (27.33%), Vitamin B3: 5.05mg (25.26%), Selenium: 16.72µg (23.88%), Potassium: 813.53mg (23.24%), Manganese: 0.42mg (20.82%), Copper: 0.37mg (18.46%), Phosphorus: 158.82mg (15.88%), Vitamin B5: 1.3mg (12.95%), Vitamin E: 1.85mg (12.3%), Fiber: 2.76g (11.02%), Folate: 43.65µg (10.91%), Iron: 1.83mg (10.15%), Vitamin B2: 0.17mg (10.07%), Vitamin B1: 0.15mg (9.73%), Vitamin K: 9.7µg (9.24%), Vitamin C: 7.22mg (8.76%), Magnesium: 31.98mg (8%), Zinc: 0.85mg (5.65%), Calcium: 40.83mg (4.08%), Vitamin A: 195.66IU (3.91%), Vitamin D: 0.25µg (1.68%)