



Portobello Mushroom

READY IN



25 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bread crumbs italian
- ☐ 2 eggs beaten
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 4 servings olive oil extra-virgin for drizzling, plus 1/4 cup
- ☐ 0.5 cup parmesan shredded grated
- ☐ 4 large portobello mushroom caps
- ☐ 4 servings steak seasoning blend black such as montreal steak seasoning, or coarse salt and pepper

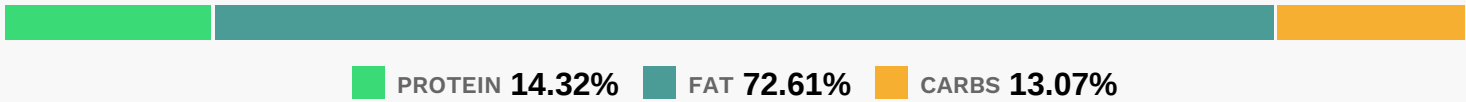
Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Preheat a grill pan over medium high to high heat.
- ☐ Scrape the gills off the underside of portobello mushroom caps with a spoon.
- ☐ Brush caps gently with a damp cloth to clean them.
- ☐ Drizzle caps with oil to keep them from sticking to the grill pan and season the caps with steak seasoning or salt and black pepper.
- ☐ Grill mushrooms 3 or 4 minutes on each side under a loose tin foil tent until just tender.
- ☐ Remove from heat and cool 5 minutes.
- ☐ Slice grilled caps into 1/2-inch strips. Turn strips in egg, then coat in mixture of parsley, bread crumbs and cheese. Cook "fries" over medium high heat in enough extra-virgin olive oil to coat a nonstick skillet in a thin layer, about 1/4 cup. "Fries" will brown in 2 or 3 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:15.150434680607%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 269.25kcal (13.46%), Fat: 22.27g (34.26%), Saturated Fat: 6.14g (38.36%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 7.33g (2.66%), Sugar: 4.54g (5.04%), Cholesterol: 90.34mg (30.11%), Sodium: 267.94mg (11.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.77%), Vitamin K: 86.31µg (82.2%), Selenium: 25.34µg

(36.2%), Phosphorus: 229.21mg (22.92%), Vitamin B3: 4.25mg (21.24%), Calcium: 188.07mg (18.81%), Vitamin E: 2.35mg (15.64%), Vitamin B2: 0.26mg (15.59%), Copper: 0.28mg (14.13%), Vitamin B5: 1.37mg (13.66%), Folate: 47.6µg (11.9%), Vitamin A: 584.97IU (11.7%), Potassium: 397.4mg (11.35%), Iron: 1.91mg (10.62%), Manganese: 0.21mg (10.49%), Vitamin B6: 0.2mg (10.14%), Zinc: 1.19mg (7.93%), Fiber: 1.69g (6.75%), Vitamin B12: 0.39µg (6.46%), Vitamin C: 5.23mg (6.34%), Vitamin B1: 0.08mg (5.44%), Vitamin D: 0.75µg (5.03%), Magnesium: 15.69mg (3.92%)