



Portobello Mushroom Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup baby spinach dried with paper towels packed rinsed well ()
- 0.3 cup balsamic vinegar
- 1 tablespoon optional: dill fresh minced
- 4 portobello mushrooms cleaned quartered cut into slices 1/8 to 1/
- 1 onion diced red
- 0.3 cup soya sauce
- 2 large tomatoes fresh ripe

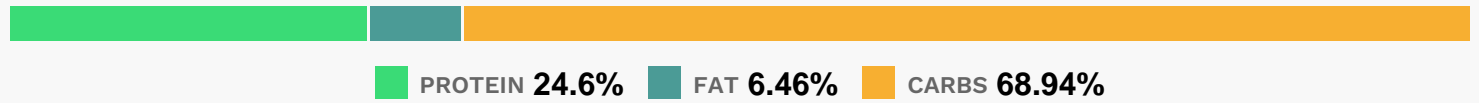
Equipment

- frying pan
- mixing bowl

Directions

- Heat balsamic and soy in a skillet and allow mushrooms to poach while the sauce reduces.
- Remove from heat and let cool. In a mixing bowl toss with onion, spinach and tomatoes.
- Serve chilled, family style, garnishing with fresh dill.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:2.99, Inflammation Score:-8, Nutrition Score:13.243478238583%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 70.35kcal (3.52%), Fat: 0.55g (0.84%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 10.23g (3.72%), Sugar: 8.32g (9.24%), Cholesterol: 0mg (0%), Sodium: 832.83mg (36.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.39%), Vitamin K: 43.52µg (41.45%), Vitamin A: 1469.57IU (29.39%), Vitamin B3: 4.98mg (24.88%), Selenium: 15.95µg (22.79%), Vitamin C: 16.69mg (20.24%), Potassium: 652.76mg (18.65%), Manganese: 0.36mg (17.95%), Copper: 0.34mg (16.91%), Folate: 59.71µg (14.93%), Phosphorus: 146.15mg (14.62%), Vitamin B6: 0.27mg (13.7%), Fiber: 2.93g (11.74%), Vitamin B5: 1.13mg (11.32%), Vitamin B2: 0.17mg (10.03%), Vitamin B1: 0.11mg (7.36%), Iron: 1.23mg (6.85%), Magnesium: 26.45mg (6.61%), Zinc: 0.76mg (5.08%), Vitamin E: 0.67mg (4.44%), Calcium: 32.78mg (3.28%), Vitamin D: 0.25µg (1.68%)