



Portobello Mushroom Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ribs celery and their tops green thinly sliced
- ☐ 4 servings coarse salt and pepper black
- ☐ 1 Handful flat-leaf parsley whole
- ☐ 1 lemon zest for the pesto later, so zest and reserve before you cut this lemon to juice it for this salad. (Heads up: you'll need lemon zest)
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 handfuls a couple of parmiginao-reggiano shaved
- ☐ 4 portobello mushroom caps very thinly sliced

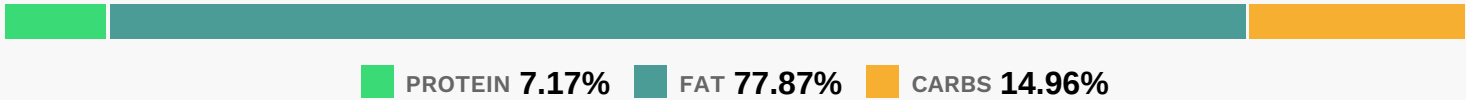
Equipment

☐ peeler

Directions

- ☐ Watch how to make this recipe.
- ☐ Arrange the mushrooms and celery on a platter and scatter the parsley leaves around. Squeeze the lemon juice evenly over the platter then liberally drizzle the salad with extra-virgin olive oil, about 3 tablespoons. Season the salad with salt and lots of black pepper and toss with your finger tips to combine. Using a vegetable peeler, shave cheese and scatter a couple of handfuls Parmigiano-Reggiano over the salad.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:8.6217391672342%

Flavonoids

Apigenin: 3.3mg, Apigenin: 3.3mg, Apigenin: 3.3mg, Apigenin: 3.3mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 119.93kcal (6%), Fat: 11g (16.93%), Saturated Fat: 1.6g (10%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 2.83g (1.03%), Sugar: 2.71g (3.01%), Cholesterol: 0.34mg (0.11%), Sodium: 242.22mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin K: 34.45µg (32.81%), Selenium: 15.91µg (22.73%), Vitamin B3: 3.92mg (19.62%), Copper: 0.26mg (12.87%), Potassium: 418.3mg (11.95%), Vitamin E: 1.65mg (10.99%), Vitamin B5: 1.07mg (10.67%), Phosphorus: 104.55mg (10.45%), Folate: 39.67µg (9.92%), Vitamin B2: 0.14mg (7.99%), Vitamin B6: 0.16mg (7.89%), Fiber: 1.92g (7.7%), Vitamin C: 4.51mg (5.46%), Vitamin A: 268.49IU (5.37%), Manganese: 0.1mg (5.07%), Vitamin B1: 0.06mg (3.99%), Zinc: 0.53mg (3.51%), Calcium: 28.06mg (2.81%), Iron: 0.48mg (2.66%), Vitamin D: 0.25µg (1.7%), Magnesium: 5.35mg (1.34%)