



HEALTH SCORE

100%

Portobello-Mushroom Stew



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**718 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 pound button mushrooms sliced
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon rosemary dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil divided
- ☐ 2 cups onion chopped

- ☐ 0.5 pound portabello mushrooms sliced ()
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sherry vinegar
- ☐ 0.8 cup mushroom stock quick
- ☐ 3 tablespoons tomato paste
- ☐ 1 cup water
- ☐ 4 cups wild-rice pilaf wild cooked (such as Uncle Ben's Blend or Lundberg's Wehani Rice Pilaf)

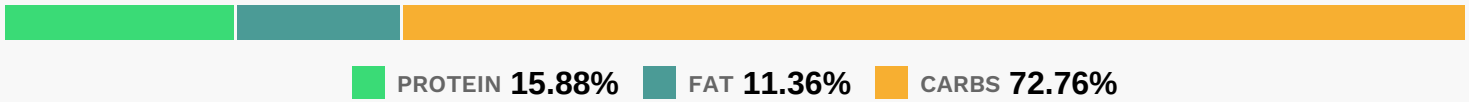
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a large skillet over medium heat.
- ☐ Add onion and rosemary; saut 12 minutes or until browned. Stir in red pepper; remove from pan.
- ☐ Heat 1 1/2 teaspoons oil in skillet over medium heat.
- ☐ Add portobello mushrooms; saut 5 minutes.
- ☐ Add to onion mixture.
- ☐ Heat 1 1/2 teaspoons oil in skillet over medium heat.
- ☐ Add button mushrooms; saut 5 minutes. Return onion mixture to pan. Stir in 1 cup water and next 4 ingredients (water through garlic), and simmer 15 minutes. Stir in parsley, salt, and black pepper. Seve with rice.

Nutrition Facts



Properties

Glycemic Index:92.25, Glycemic Load:65.26, Inflammation Score:-9, Nutrition Score:42.836086874423%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg

Nutrients (% of daily need)

Calories: 718.49kcal (35.92%), Fat: 9.5g (14.61%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 136.82g (45.61%), Net Carbohydrates: 122.99g (44.73%), Sugar: 12.93g (14.37%), Cholesterol: 0mg (0%), Sodium: 448.23mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.85g (59.71%), Manganese: 2.41mg (120.3%), Vitamin B3: 17.93mg (89.65%), Phosphorus: 888.86mg (88.89%), Magnesium: 308.92mg (77.23%), Copper: 1.46mg (72.82%), Zinc: 10.69mg (71.27%), Vitamin B2: 0.99mg (58.46%), Fiber: 13.83g (55.31%), Folate: 207.01µg (51.75%), Vitamin B6: 0.97mg (48.66%), Potassium: 1510.69mg (43.16%), Vitamin B5: 4.2mg (41.98%), Vitamin K: 42.1µg (40.1%), Selenium: 26.86µg (38.37%), Iron: 4.64mg (25.78%), Vitamin B1: 0.36mg (23.91%), Vitamin E: 2.94mg (19.6%), Vitamin C: 14.08mg (17.07%), Vitamin A: 516IU (10.32%), Calcium: 70.19mg (7.02%), Vitamin D: 0.4µg (2.65%), Vitamin B12: 0.07µg (1.23%)