



Portobello Steaks



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 tsp basil
- ☐ 1 cup mock beef broth
- ☐ 1 tbsp mirin
- ☐ 0.5 small onion diced whole
- ☐ 2 portabello mushrooms whole
- ☐ 1 tsp thyme leaves
- ☐ 3 tbsp balsamic vinegar
- ☐ 1 garlic cloves whole minced

Equipment

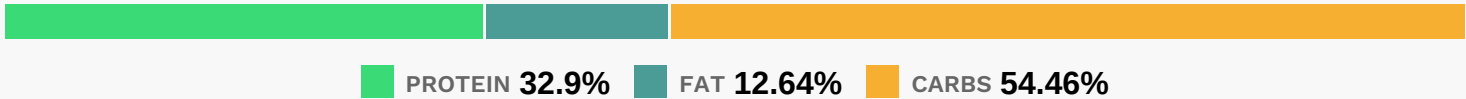
☐ frying pan

Directions

- ☐ Line a large frying pan with a thin layer of broth.
- ☐ Remove stems from mushroom and set aside.
- ☐ Add onion and garlic and cook for 2 minutes over high heat.
- ☐ Add remaining ingredients, except for the mushrooms, and turn to medium.
- ☐ Add mushrooms, cover and cook for five minutes. Gently flip mushrooms over and cook for 5 minutes more, adding more broth as needed to prevent sticking or burning. Plate mushrooms and spoon leftover juices on top. Chef's Note: Water may be substituted for the broth.

- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ NA Carbohydrate
 - ☐ 30gDietary Fiber1.20gSugars NA Protein3.10g

Nutrition Facts



Properties

Glycemic Index:118.5, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:6.8643478252318%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 46.81kcal (2.34%), Fat: 0.59g (0.91%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 4.26g (1.55%), Sugar: 2.94g (3.27%), Cholesterol: 0mg (0%), Sodium: 455.79mg (19.82%), Alcohol: 0.77g (100%), Alcohol %: 0.39% (100%), Protein: 3.47g (6.94%), Selenium: 16.89µg (24.12%), Vitamin B3: 4.76mg (23.81%), Copper: 0.26mg (12.87%), Potassium: 411.81mg (11.77%), Phosphorus: 116.64mg (11.66%), Vitamin B5: 1.02mg (10.18%), Vitamin B6: 0.18mg (9.09%), Vitamin B2: 0.14mg (8.48%), Manganese: 0.15mg (7.56%), Folate: 29.89µg (7.47%), Fiber: 1.49g (5.94%), Vitamin B1: 0.06mg (4.25%), Iron: 0.64mg (3.55%), Zinc: 0.51mg (3.43%), Vitamin C: 2.49mg (3.02%), Vitamin K: 2.2µg (2.1%), Vitamin B12: 0.13µg (2.1%), Calcium: 20.98mg (2.1%), Vitamin D: 0.25µg (1.68%), Magnesium: 6.46mg (1.61%)