



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 tsp chives
- 1 tbsp mirin
- 0.5 small onion diced whole
- 2 portabello mushrooms whole
- 1 tsp thyme leaves
- 3 tbsp basalmic 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:141, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:6.9730434028999%

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: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg,

Isorhamnetin: 0.91mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 46.96kcal (2.35%), Fat: 0.6g (0.92%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 4.27g (1.55%), Sugar: 2.95g (3.28%), Cholesterol: 0mg (0%), Sodium: 455.81mg (19.82%), Alcohol: 0.77g (100%), Alcohol %: 0.39% (100%), Protein: 3.49g (6.98%), Selenium: 16.89µg (24.13%), Vitamin B3: 4.76mg (23.82%), Copper: 0.26mg (12.91%), Potassium: 413.29mg (11.81%), Phosphorus: 116.93mg (11.69%), Vitamin B5: 1.02mg (10.2%), Vitamin B6: 0.18mg (9.13%), Vitamin B2: 0.14mg (8.51%), Manganese: 0.15mg (7.66%), Folate: 30.41µg (7.6%), Fiber: 1.5g (5.99%), Vitamin B1: 0.06mg (4.28%), Iron: 0.65mg (3.6%), Zinc: 0.52mg (3.45%), Vitamin C: 2.78mg (3.37%), Vitamin K: 3.27µg (3.11%), Calcium: 21.44mg (2.14%), Vitamin B12: 0.13µg (2.1%), Vitamin D: 0.25µg (1.68%), Magnesium: 6.67mg (1.67%), Vitamin A: 67.63IU (1.35%)