

# Portobellos with Arugula and Parmigiano

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

## Ingredients

- 1 teaspoon anchovy paste
- 4 cups arugula dry generous washed and spun trimmed
- 2 tablespoons balsamic vinegar
- 6 servings pepper black freshly ground
- 0.5 teaspoon thyme dried crumbled
- 0.5 juice of lemon
- 0.3 cup olive oil extra virgin extra-virgin
- 4 ounce parmesan chunk for shaving

- 6 large portabello mushrooms

## Equipment

- bowl
- whisk
- grill
- peeler

## Directions

- Preheat a gas grill or prepare a fire in a charcoal grill.
- Place the portobellos on the grill and cook, turning two or three times, until slightly soft-ended, 5 to 8 minutes.
- Transfer to a platter, arranging the mushrooms grill side up.
- In a small bowl, whisk together 1/4 cup of the olive oil, the anchovy paste, vinegar, and thyme. Spoon the mixture evenly over the portobellos and let stand for 30 minutes.
- In a large bowl, toss the arugula with the remaining 2 tablespoons olive oil and the lemon juice. Season with coarse sea salt and pepper.
- Divide the arugula among six plates and top each with a mushroom. Using a vegetable peeler, shave the Parmigiano over the salads.
- Serve immediately.
- From Italian Grilling by Mario Batali, © 200

## Nutrition Facts

 **PROTEIN 19.56%**  **FAT 68.67%**  **CARBS 11.77%**

## Properties

Glycemic Index:23.5, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:10.671739329462%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg 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: 0.01mg,

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## **Nutrients (% of daily need)**

Calories: 183.28kcal (9.16%), Fat: 14.38g (22.12%), Saturated Fat: 4.43g (27.7%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 4.18g (1.52%), Sugar: 3.39g (3.76%), Cholesterol: 13.7mg (4.57%), Sodium: 352.13mg (15.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.43%), Selenium: 20.61µg (29.44%), Calcium: 253.64mg (25.36%), Phosphorus: 232.88mg (23.29%), Vitamin K: 21.99µg (20.94%), Vitamin B3: 4.07mg (20.37%), Copper: 0.26mg (13.18%), Vitamin B5: 1.12mg (11.15%), Potassium: 388.43mg (11.1%), Vitamin B2: 0.19mg (11.05%), Vitamin E: 1.46mg (9.71%), Folate: 38.65µg (9.66%), Vitamin A: 468.27IU (9.37%), Vitamin B6: 0.16mg (7.76%), Zinc: 1.06mg (7.09%), Manganese: 0.13mg (6.61%), Fiber: 1.37g (5.48%), Iron: 0.86mg (4.78%), Vitamin B12: 0.28µg (4.63%), Vitamin B1: 0.06mg (4.31%), Magnesium: 16.42mg (4.1%), Vitamin C: 3.01mg (3.65%), Vitamin D: 0.36µg (2.42%)