



Quick mushrooms, aubergines & peppers

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 4 portabello mushrooms
- ☐ 1 medium fat
- ☐ 2 pecorino cheese
- ☐ 2 tbsp sauce
- ☐ 100 ml olive oil
- ☐ 2 garlic clove crushed
- ☐ 2 tbsp sherry vinegar
- ☐ 1 tsp thyme dried

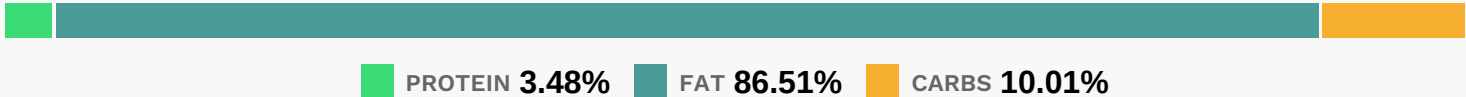
Equipment

☐ frying pan

Directions

- ☐ Mix all the marinade ingredients in a small pan. Pull out the mushroom stalks, but dont peel the caps.
- ☐ Cut the aubergines in long thick slices and score one side of the flesh in a criss-cross fashion.
- ☐ Brush the vegetables with some of the marinade and griddle or barbecue for about 5–10 mins, turning until they soften.
- ☐ Brush once more with the marinade during cooking and again before serving.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:7.4960869848728%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 238.21kcal (11.91%), Fat: 23.54g (36.22%), Saturated Fat: 3.39g (21.22%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 4.88g (1.77%), Sugar: 3.86g (4.29%), Cholesterol: 0.76mg (0.25%), Sodium: 105.06mg (4.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Selenium: 15.93µg (22.75%), Vitamin E: 3.33mg (22.22%), Vitamin B3: 3.8mg (19.02%), Vitamin K: 19.78µg (18.84%), Copper: 0.25mg (12.43%), Phosphorus: 98.11mg (9.81%), Vitamin B5: 0.97mg (9.69%), Potassium: 318.19mg (9.09%), Vitamin B6: 0.15mg (7.26%), Vitamin B2: 0.11mg (6.71%), Folate: 24.56µg (6.14%), Manganese: 0.11mg (5.71%), Fiber: 1.25g (5.01%), Iron: 0.88mg (4.91%), Vitamin B1: 0.05mg (3.64%), Zinc: 0.5mg (3.33%), Calcium: 17.85mg (1.78%), Vitamin D: 0.26µg (1.74%)