



 **51%**  
HEALTH SCORE

## Roasted Mushroom Salad

 Vegetarian  Gluten Free

READY IN



82 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 5 ounce baby spinach fresh ( 6 cups)
- 8 ounces cheese blue crumbled
- 16 ounce crimini mushrooms fresh quartered
- 2 teaspoons dijon mustard
- 16 ounce mushrooms fresh quartered
- 14 ounce mushroom caps fresh stemmed quartered
- 1 small garlic clove pressed
- 0.7 cup olive oil

- 3 tablespoons olive oil
- 0.3 teaspoon pepper freshly ground
- 4 cups radicchio thinly fresh
- 0.5 teaspoon salt
- 2 tablespoons shallots minced
- 0.3 cup sherry vinegar

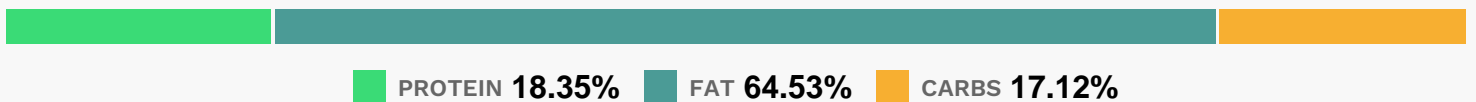
## Equipment

- bowl
- whisk
- roasting pan

## Directions

- Combine first 5 ingredients in a large roasting pan. Roast at 450 for 45 minutes or until liquid evaporates; stir twice.
- Meanwhile, combine vinegar and next 5 ingredients in a small bowl with a wire whisk; slowly whisk in 2/3 cup oil.
- Combine mushrooms and 1/4 cup vinaigrette; cool to room temperature. Divide spinach and radicchio among serving plates; top with mushrooms and cheese.
- Drizzle with remaining dressing.
- Serve immediately.
- Make Ahead: Chill the vinaigrette in a jar up to 3 days; whisk well before serving.

## Nutrition Facts



## Properties

Glycemic Index:30.88, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:23.686956633692%

## Flavonoids

Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 7.76mg, Luteolin: 7.76mg, Luteolin: 7.76mg, Luteolin: 7.76mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

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

Calories: 233.97kcal (11.7%), Fat: 17.65g (27.15%), Saturated Fat: 6.59g (41.17%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 7.66g (2.79%), Sugar: 3.83g (4.26%), Cholesterol: 21.26mg (7.09%), Sodium: 515.56mg (22.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.58%), Vitamin K: 142.74µg (135.94%), Vitamin B2: 0.76mg (44.86%), Selenium: 27.82µg (39.75%), Vitamin A: 1884.53IU (37.69%), Vitamin B3: 6.61mg (33.04%), Copper: 0.64mg (32.15%), Phosphorus: 303.08mg (30.31%), Vitamin B5: 3.01mg (30.13%), Potassium: 833.54mg (23.82%), Manganese: 0.44mg (22.1%), Folate: 87.8µg (21.95%), Calcium: 187.37mg (18.74%), Vitamin B6: 0.37mg (18.7%), Zinc: 2.43mg (16.19%), Vitamin E: 2.17mg (14.5%), Fiber: 2.87g (11.5%), Magnesium: 44.97mg (11.24%), Vitamin C: 8.14mg (9.87%), Vitamin B1: 0.14mg (9.14%), Iron: 1.55mg (8.63%), Vitamin B12: 0.43µg (7.09%), Vitamin D: 0.51µg (3.4%)