



Roasted Mushroom Salad

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 oz mushrooms fresh quartered
- 16 oz crimini mushrooms fresh quartered
- 14 oz mushroom caps fresh quartered
- 3 tablespoons olive oil
- 1 teaspoon salt
- 0.3 cup sherry vinegar
- 2 tablespoons shallots finely chopped
- 1 small clove garlic finely chopped

- 2 teaspoons dijon mustard
- 0.3 teaspoon pepper freshly ground
- 0.7 cup olive oil
- 6 oz baby spinach fresh
- 4 cups radicchio thinly
- 8 oz cheese blue crumbled

Equipment

- bowl
- oven
- whisk
- roasting pan

Directions

- Heat oven to 450°F. In large shallow roasting pan, stir all three kinds of mushrooms, 3 tablespoons oil and 1/2 teaspoon of the salt. Roast uncovered 45 minutes, stirring twice, until liquid is evaporated.
- Meanwhile, in small bowl, mix vinegar, shallots, garlic, mustard, pepper and remaining 1/2 teaspoon salt with wire whisk. Slowly add 2/3 cup oil, stirring constantly with whisk.
- Transfer mushrooms to medium bowl; stir in 1/4 cup vinaigrette. Cool to room temperature.
- Divide spinach and radicchio among 8 salad plates; top evenly with roasted mushrooms and cheese.
- Drizzle with remaining dressing.
- Serve immediately.

Nutrition Facts

 PROTEIN 18.44%  FAT 64.31%  CARBS 17.25%

Properties

Glycemic Index:30.88, Glycemic Load:1.52, Inflammation Score:-9, Nutrition Score:24.374347458715%

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: 7.78mg, Luteolin: 7.78mg, Luteolin: 7.78mg, Luteolin: 7.78mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

Nutrients (% of daily need)

Calories: 234.78kcal (11.74%), Fat: 17.66g (27.17%), Saturated Fat: 6.59g (41.18%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 7.71g (2.8%), Sugar: 3.85g (4.28%), Cholesterol: 21.26mg (7.09%), Sodium: 663.7mg (28.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.39g (22.78%), Vitamin K: 159.85µg (152.24%), Vitamin B2: 0.77mg (45.26%), Vitamin A: 2216.82IU (44.34%), Selenium: 27.86µg (39.8%), Vitamin B3: 6.63mg (33.17%), Copper: 0.65mg (32.39%), Phosphorus: 304.82mg (30.48%), Vitamin B5: 3.02mg (30.15%), Potassium: 853.34mg (24.38%), Manganese: 0.47mg (23.71%), Folate: 94.68µg (23.67%), Calcium: 190.97mg (19.1%), Vitamin B6: 0.38mg (19.05%), Zinc: 2.45mg (16.31%), Vitamin E: 2.25mg (14.98%), Magnesium: 47.78mg (11.94%), Fiber: 2.95g (11.81%), Vitamin C: 9.14mg (11.08%), Vitamin B1: 0.14mg (9.33%), Iron: 1.65mg (9.17%), Vitamin B12: 0.43µg (7.09%), Vitamin D: 0.51µg (3.4%)