



Roasted Portabellas with Mediterranean Salad

 Vegetarian

READY IN



13 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinaigrette
- 1 cup carrots
- 0.5 cup feta cheese crumbled
- 1 tablespoon flour
- 0.5 cup kalamata olives pitted chopped
- 1 small bell pepper red cut into 1/2 inch cubes
- 12 oz portabello mushrooms sliced
- 0.5 onion red cut into 1/2-inch strips

- 8 oz the salad (escarole, leaf, radicchio, endive)
- 1 ginger tea bags reynolds®
- 0.3 cup balsamic vinaigrette salad dressing

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400F.
- Place Reynolds Oven Bag in 13x9x2-inch baking pan.
- Add flour and balsamic dressing to oven bag; gently squeeze bag to blend ingredients.
- Add mushrooms and onions; turn bag several times to coat vegetables with dressing.
- Close bag with nylon tie.
- Cut six 1/2-inch slits in neck of bag. Tuck ends of bag in pan.
- Bake 10 minutes or until mushrooms are tender when pierced with a fork. COMBINE salad ingredients in a large bowl while mushrooms are baking.
- Remove mushrooms from oven and carefully cut open bag.
- Let cool slightly.
- Serve on plate with salad; drizzle additional balsamic vinaigrette dressing over mushrooms and salad, if desired.

Nutrition Facts

PROTEIN **10.23%** FAT **66.07%** CARBS **23.7%**

Properties

Glycemic Index:51.96, Glycemic Load:2.76, Inflammation Score:-10, Nutrition Score:18.881304295167%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 229.85kcal (11.49%), Fat: 17.69g (27.22%), Saturated Fat: 4.59g (28.72%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 11.05g (4.02%), Sugar: 5.74g (6.38%), Cholesterol: 16.69mg (5.56%), Sodium: 590.46mg (25.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.33%), Vitamin A: 6714.97IU (134.3%), Vitamin C: 39.74mg (48.17%), Selenium: 20.02µg (28.59%), Vitamin B3: 4.98mg (24.91%), Vitamin B2: 0.35mg (20.33%), Vitamin K: 21.2µg (20.19%), Phosphorus: 199.85mg (19.99%), Vitamin B6: 0.37mg (18.56%), Folate: 71.93µg (17.98%), Potassium: 590.58mg (16.87%), Copper: 0.32mg (16.17%), Vitamin B5: 1.39mg (13.94%), Fiber: 3.23g (12.93%), Vitamin E: 1.92mg (12.81%), Calcium: 127.18mg (12.72%), Manganese: 0.24mg (12.21%), Vitamin B1: 0.15mg (10.12%), Zinc: 1.28mg (8.51%), Iron: 1.12mg (6.2%), Vitamin B12: 0.36µg (5.99%), Magnesium: 19.5mg (4.88%), Vitamin D: 0.33µg (2.2%)