



Roasted Portobello, Red Pepper, and Arugula Salad for One

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups arugula leaves
- 1 clove garlic thinly sliced
- 1 tablespoon olive oil
- 1 portobello mushroom
- 1 teaspoon red wine vinegar
- 0.5 roasted pepper red cut into strips
- 1 ounce romano cheese grated

- 1 tablespoon greek salad dressing
- 1 serving salt and pepper to taste
- 0.3 shallots thinly sliced

Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with a piece of aluminum foil.
- Brush the mushroom on both sides with olive oil and place gill-side up onto the baking sheet.
- Drizzle with any remaining olive oil, and the red wine vinegar.
- Sprinkle with sliced garlic and shallot; season to taste with salt and pepper. Top with the piece of roasted red pepper, and wrap the foil tightly around the mushroom.
- Bake in preheated oven until the mushroom is tender, about 30 minutes.
- Toss the arugula with Romano cheese and salad dressing.
- Place onto a plate and top with the hot mushroom and pepper. Dig in!

Nutrition Facts

 PROTEIN 15.94%  FAT 70.54%  CARBS 13.52%

Properties

Glycemic Index:119, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:19.842173908068%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.58mg, Isorhamnetin: 2.58mg, Isorhamnetin: 2.58mg, Isorhamnetin: 2.58mg Kaempferol: 20.94mg, Kaempferol: 20.94mg, Kaempferol: 20.94mg, Kaempferol: 20.94mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 313.8kcal (15.69%), Fat: 25.36g (39.01%), Saturated Fat: 7.31g (45.69%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 8.4g (3.06%), Sugar: 5.57g (6.19%), Cholesterol: 29.48mg (9.83%), Sodium: 951.97mg (41.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.78%), Vitamin K: 82.39µg (78.47%), Calcium: 417.87mg (41.79%), Phosphorus: 351.92mg (35.19%), Vitamin A: 1643.21IU (32.86%), Selenium: 20.75µg (29.65%), Vitamin C: 19.12mg (23.18%), Folate: 88.88µg (22.22%), Vitamin B3: 4.13mg (20.67%), Manganese: 0.36mg (18.07%), Potassium: 625.35mg (17.87%), Vitamin E: 2.67mg (17.78%), Copper: 0.34mg (16.81%), Vitamin B2: 0.28mg (16.22%), Vitamin B6: 0.29mg (14.64%), Vitamin B5: 1.38mg (13.83%), Magnesium: 44.83mg (11.21%), Zinc: 1.56mg (10.42%), Fiber: 2.54g (10.15%), Iron: 1.77mg (9.82%), Vitamin B1: 0.1mg (6.91%), Vitamin B12: 0.36µg (5.99%), Vitamin D: 0.39µg (2.62%)