



Savannah's Best Marinated Portobello Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 2 large portobello mushroom caps
- ☐ 2 tablespoons soya sauce dark
- ☐ 0.5 cup cooking wine

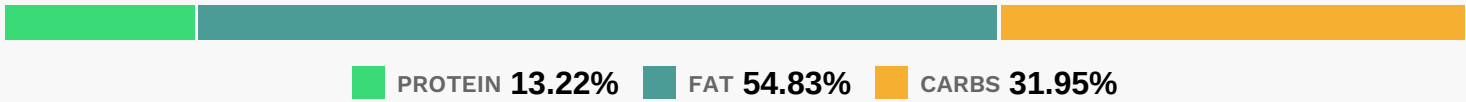
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a baking dish, mix the wine, olive oil, soy sauce, balsamic vinegar, and garlic.
- ☐ Place mushroom caps upside down in the marinade, and marinate 15 minutes.
- ☐ Cover dish, and transfer to the preheated oven.
- ☐ Bake 25 minutes. Turn mushrooms and continue baking 8 minutes.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:2.02, Inflammation Score:-3, Nutrition Score:7.8195652006923%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 159.51kcal (7.98%), Fat: 7.33g (11.27%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 8.3g (3.02%), Sugar: 5.3g (5.89%), Cholesterol: 0mg (0%), Sodium: 1020.37mg (44.36%), Alcohol: 6.24g (100%), Alcohol %: 4.21% (100%), Protein: 3.98g (7.95%), Selenium: 16.31µg (23.31%), Vitamin B3: 4.61mg (23.03%), Manganese: 0.29mg (14.66%), Copper: 0.28mg (14.09%), Phosphorus: 133.75mg (13.38%), Potassium: 433.34mg (12.38%), Vitamin B6: 0.23mg (11.5%), Vitamin B5: 1.07mg (10.65%), Vitamin B2: 0.15mg (9.04%), Folate: 27.45µg (6.86%), Vitamin E: 1.03mg (6.85%), Iron: 1.12mg (6.2%), Fiber: 1.3g (5.2%), Vitamin B1: 0.07mg (4.61%), Zinc: 0.65mg (4.32%), Magnesium: 16.47mg (4.12%), Vitamin K: 4.26µg (4.06%), Calcium: 20.74mg (2.07%), Vitamin D: 0.25µg (1.68%), Vitamin C: 0.94mg (1.13%)