



Shiitake Mushrooms with Young Pecorino Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 6 servings kosher salt
- ☐ 2 teaspoons dijon mustard
- ☐ 1 garlic clove peeled
- ☐ 1 optional: lemon yellow cut into long thin slivers (part only)
- ☐ 7 teaspoons juice of lemon fresh divided
- ☐ 6 ounces monterrey jack cheese cut into 1/2-inch cubes (pecorino fresco)
- ☐ 8 tablespoons olive oil extra virgin extra-virgin divided

- ☐ 0.3 cup parsley fresh italian
- ☐ 1 pound mushroom caps fresh whole stemmed cut into 1/2-inch-wide slices or left if smaller than 1 1/2 inches in diameter

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Whisk 5 teaspoons lemon juice and mustard in small bowl. Gradually whisk in 6 tablespoons olive oil. Stir in lemon peel slivers. Season dressing to taste with coarse salt and pepper.
- ☐ Preheat oven to 425°F. Spray rimmed baking sheet with nonstick spray. Toss mushrooms, remaining 2 teaspoons lemon juice, and 2 tablespoons oil in large bowl.
- ☐ Transfer to prepared baking sheet.
- ☐ Sprinkle mushrooms with coarse salt and pepper. Roast 15 minutes. Using spatula, turn mushrooms over and roast until soft and beginning to brown around edges, about 10 minutes longer.
- ☐ Pour half of dressing over hot mushrooms on sheet.
- ☐ Add garlic and toss to coat.
- ☐ Let cool on sheet.
- ☐ Combine mushrooms, cheese, parsley, and remaining dressing in medium bowl.
- ☐ Let marinate at least 1 hour and up to 2 hours. Discard garlic clove.
- ☐ Serve mushrooms and cheese with toothpicks, if desired.

Nutrition Facts



 **PROTEIN 11.39%**  **FAT 78.76%**  **CARBS 9.85%**

Properties

Glycemic Index:29.75, Glycemic Load:1.47, Inflammation Score:-5, Nutrition Score:12.383478320163%

Flavonoids

Eriodictyol: 4.13mg, Eriodictyol: 4.13mg, Eriodictyol: 4.13mg, Eriodictyol: 4.13mg Hesperetin: 5.87mg, Hesperetin: 5.87mg, Hesperetin: 5.87mg, Hesperetin: 5.87mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 305.63kcal (15.28%), Fat: 27.77g (42.73%), Saturated Fat: 8.01g (50.05%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 5.24g (1.91%), Sugar: 2.59g (2.88%), Cholesterol: 25.23mg (8.41%), Sodium: 391.3mg (17.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.07%), Vitamin K: 52.98µg (50.46%), Calcium: 223.74mg (22.37%), Phosphorus: 217.9mg (21.79%), Vitamin E: 2.82mg (18.82%), Vitamin C: 15.29mg (18.53%), Vitamin B2: 0.28mg (16.66%), Vitamin B3: 3.03mg (15.13%), Vitamin B6: 0.27mg (13.53%), Selenium: 9.14µg (13.05%), Vitamin B5: 1.25mg (12.53%), Zinc: 1.69mg (11.24%), Fiber: 2.58g (10.3%), Manganese: 0.2mg (10.15%), Vitamin A: 434.15IU (8.68%), Potassium: 302.21mg (8.63%), Magnesium: 26.74mg (6.69%), Copper: 0.13mg (6.53%), Folate: 22.01µg (5.5%), Iron: 0.92mg (5.13%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.47µg (3.15%), Vitamin B1: 0.03mg (2.03%)