



Sliced Grilled Portobello Mushroom Sorta-Caesar Salads

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

352 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons anchovy paste – a must for me, optional for you
- ☐ 2 small crusty semolina rolls
- ☐ 2 teaspoons dijon mustard
- ☐ 2 cloves garlic
- ☐ 4 servings ground pepper black
- ☐ 1 teaspoon hot sauce eyeball it (recommended: Tabasco)
- ☐ 1 juice of lemon juiced
- ☐ 4 servings olive oil extra-virgin for drizzling, plus 1/3 cup

- ☐ 1 tablespoon a palm full (recommended: Montreal Steak Seasoning by McCormick)
- ☐ 8 large portobello mushroom caps with a damp towel
- ☐ 3 hearts romaine chopped
- ☐ 1 cup romano generous grated
- ☐ 1 tablespoons rosemary leaves finely chopped
- ☐ 2 teaspoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ grill pan

Directions

- ☐ Heat a grill pan or outdoor grill to medium-high heat.
- ☐ Drizzle olive oil evenly over mushroom caps liberally then rub with rosemary and grill seasoning. Grill 3 to 4 minutes on each side – until dark and tender.
- ☐ Remove the caps and reserve.
- ☐ While mushrooms cook, toast split rolls or bread under broiler until deeply golden then rub with 1 clove of cracked, split garlic.
- ☐ Drizzle extra-virgin olive oil over the bread and season with a little pepper then chop bread into cubes.
- ☐ Rub the inside of a bowl with remaining cracked clove of garlic.
- ☐ Combine the lemon juice, Dijon, Worcestershire, hot sauce and anchovy paste.
- ☐ Whisk in 1/3 cup extra-virgin olive oil.
- ☐ Add the greens and bread to the bowl and toss greens with dressing to coat.
- ☐ Add cheese to salad and toss again then season with black pepper, to taste. Top servings of salad with sliced mushrooms across the top.

Nutrition Facts



 **PROTEIN 18.14%**  **FAT 56%**  **CARBS 25.86%**

Properties

Glycemic Index:47.75, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:30.921304018601%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 351.79kcal (17.59%), Fat: 22.78g (35.05%), Saturated Fat: 6.52g (40.77%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 18.5g (6.73%), Sugar: 6.06g (6.73%), Cholesterol: 19.55mg (6.52%), Sodium: 749.99mg (32.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.6g (33.21%), Vitamin A: 7627.03IU (152.54%), Vitamin K: 104.81µg (99.82%), Selenium: 46.44µg (66.34%), Folate: 193.69µg (48.42%), Vitamin B3: 9.51mg (47.53%), Phosphorus: 415.71mg (41.57%), Calcium: 380.51mg (38.05%), Copper: 0.59mg (29.73%), Potassium: 940.7mg (26.88%), Vitamin B2: 0.45mg (26.29%), Manganese: 0.5mg (25.15%), Vitamin B5: 2.3mg (23.02%), Fiber: 5.17g (20.67%), Vitamin B1: 0.3mg (20.13%), Vitamin B6: 0.4mg (19.81%), Iron: 3.09mg (17.18%), Vitamin E: 2.42mg (16.12%), Zinc: 2.13mg (14.21%), Vitamin C: 8.33mg (10.1%), Magnesium: 35.21mg (8.8%), Vitamin B12: 0.41µg (6.84%), Vitamin D: 0.68µg (4.53%)