



## Slow-Roasted Portabellas on Parsley Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

SALAD

### Ingredients

- 1.5 teaspoons balsamic vinegar
- 2 cups flat parsley
- 4 servings sea salt
- 1 tablespoon olive oil extra virgin extra-virgin
- 4 servings parmesan (use a vegetable peeler)
- 4 portabello mushrooms

### Equipment

- bowl

baking sheet

oven

## Directions

Preheat oven to 25

Brush mushrooms with 1 tsp. olive oil and put, top side down, on a baking sheet.

Bake until shrunken slightly, about 30 minutes.

In a medium bowl, toss parsley leaves with 1 tsp. oil and 1/2 tsp. vinegar.

Add coarse salt to taste.

To serve, divide salad among four plates. Slice portabellas and arrange on salad.

Drizzle with remaining olive oil and vinegar.

Sprinkle with salt and add parmesan curls on the side.

## Nutrition Facts



**PROTEIN 28.91%** **FAT 57.2%** **CARBS 13.89%**

## Properties

Glycemic Index:27.25, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:20.705652122912%

## Flavonoids

Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 4.45mg, Myricetin: 4.45mg, Myricetin: 4.45mg, Myricetin: 4.45mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 179.47kcal (8.97%), Fat: 11.78g (18.12%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 4.35g (1.58%), Sugar: 2.88g (3.19%), Cholesterol: 20.4mg (6.8%), Sodium: 699.25mg (30.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.4g (26.8%), Vitamin K: 494.62µg (471.06%), Vitamin A: 2761.5IU (55.23%), Vitamin C: 39.9mg (48.36%), Calcium: 399.78mg (39.98%), Selenium: 22.4µg (32.01%), Phosphorus: 316.68mg (31.67%), Vitamin B3: 4.25mg (21.25%), Folate: 71.22µg (17.81%), Copper: 0.3mg (14.76%), Potassium: 501.73mg (14.34%), Vitamin B2: 0.24mg (14.01%), Iron: 2.4mg (13.34%), Vitamin B5: 1.21mg (12.14%), Zinc: 1.59mg (10.62%), Vitamin B6: 0.18mg (8.93%), Fiber: 2.08g (8.33%), Magnesium: 28.43mg (7.11%), Vitamin B12: 0.4µg (6.7%), Vitamin B1: 0.09mg (5.8%), Manganese: 0.11mg (5.75%), Vitamin E: 0.81mg (5.41%), Vitamin D: 0.4µg (2.68%)