



HEALTH SCORE

55%

Tender Chanterelle Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound chanterelles fresh trimmed halved quartered (or if large)
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons flat parsley chopped
- ☐ 1 small garlic clove minced
- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings juice of lemon fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 small shallots thinly sliced

☐ 2 tablespoons citrus champagne vinegar

Equipment

☐ bowl

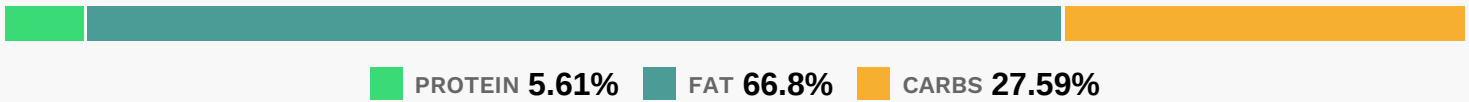
☐ whisk

☐ pot

Directions

- ☐ Place mushrooms in a steamer basket and set over a pot filled with 1" gently simmering water (do not allow water to touch mushrooms). Cover and steam mushrooms until tender, about 5 minutes.
- ☐ Transfer mushrooms to a baking sheet and let cool slightly.
- ☐ Meanwhile, whisk oil, parsley, vinegar, Dijon mustard, shallot, and garlic in a medium bowl. Season with salt, pepper, and lemon juice.
- ☐ Add mushrooms; toss to coat evenly.
- ☐ Let marinate for 30 minutes. Season to taste with salt, pepper, and more lemon juice, if desired.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:12.633478185405%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 148.75kcal (7.44%), Fat: 11.25g (17.31%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 5.69g (2.07%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 40.68mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Vitamin D: 6.01µg (40.07%), Vitamin K: 39.38µg (37.51%), Iron: 4.3mg (23.89%), Vitamin B3: 4.71mg (23.53%), Copper: 0.42mg (20.87%), Manganese: 0.39mg (19.34%), Fiber: 4.77g (19.07%), Potassium: 632.32mg (18.07%), Vitamin B2: 0.25mg (14.82%), Vitamin B5: 1.28mg (12.78%), Vitamin C: 9.25mg (11.21%), Vitamin E: 1.56mg (10.42%), Phosphorus: 75.35mg (7.54%), Zinc: 0.89mg (5.91%), Selenium: 3.55µg (5.07%), Magnesium: 19.81mg (4.95%), Vitamin B6: 0.09mg (4.57%), Vitamin A: 172.02IU (3.44%), Calcium: 26.91mg (2.69%), Folate: 10.65µg (2.66%), Vitamin B1: 0.03mg (2.16%)