



## Vegan Portobello Stroganoff

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon balsamic vinegar
- 2 teaspoons vegan no-beef bouillon
- 0.3 teaspoon basil dried
- 3 tablespoons onion dried minced
- 0.5 cup cooking wine dry red
- 2 tablespoons flour all-purpose
- 2 cloves garlic minced
- 0.3 teaspoon garlic powder

- 0.3 teaspoon ground pepper black
- 1 tablespoon olive oil
- 2 large portobello mushroom caps
- 2 tablespoons soya sauce
- 8 ounces vegan cream sour tofutti® (such as )
- 0.5 cup water

## Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil

## Directions

- Whisk vegan sour cream, 1/2 cup water, minced onion, flour, vegan bouillon, garlic powder, basil, and black pepper in a bowl. Cover and refrigerate.
- Preheat oven to 400 degrees F (200 degrees C).
- Whisk red wine, olive oil, soy sauce, balsamic vinegar, and garlic in another bowl.
- Arrange mushroom caps with gill sides up in a baking dish and pour red wine mixture on top. Marinate for 20 minutes, then cover baking dish with aluminum foil.
- Bake mushrooms in the preheated oven for 30 minutes.
- Remove foil, flip mushrooms, and continue baking until very tender, about 10 minutes more. Set aside to cool; dice mushrooms.
- Heat a saucepan sprayed with cooking spray over medium heat. Cook and stir mushrooms in sauce pan until lightly browned, about 5 minutes; reduce heat to low.
- Stir sour cream sauce into mushrooms. Continue to cook and stir until thickened, 1 to 2 minutes more. If the sauce becomes too thick, stir in 1/4 cup water.

## Nutrition Facts

PROTEIN 7.49% FAT 48.48% CARBS 44.03%

## Properties

Glycemic Index:51.75, Glycemic Load:2.64, Inflammation Score:-2, Nutrition Score:5.2191304321522%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 264.68kcal (13.23%), Fat: 13.37g (20.57%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 26.16g (9.51%), Sugar: 7.03g (7.82%), Cholesterol: 0mg (0%), Sodium: 802.95mg (34.91%), Alcohol: 3.15g (100%), Alcohol %: 2.14% (100%), Protein: 4.65g (9.3%), Selenium: 9.63µg (13.75%), Vitamin B3: 2.54mg (12.69%), Manganese: 0.21mg (10.3%), Copper: 0.17mg (8.38%), Vitamin B6: 0.17mg (8.25%), Phosphorus: 76.99mg (7.7%), Potassium: 254.2mg (7.26%), Folate: 26.86µg (6.72%), Vitamin B5: 0.59mg (5.94%), Vitamin B2: 0.09mg (5.53%), Vitamin B1: 0.08mg (5.49%), Fiber: 1.17g (4.67%), Iron: 0.73mg (4.07%), Vitamin C: 3.28mg (3.98%), Vitamin E: 0.53mg (3.55%), Vitamin K: 3.56µg (3.39%), Zinc: 0.39mg (2.62%), Magnesium: 9.88mg (2.47%), Calcium: 20.23mg (2.02%)