



Vegetable Napoleon with Grilled Portobello Mushroom and Tomato Basil Bisque



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 16 ounce canned tomatoes diced canned
- ☐ 3 rib celery diced
- ☐ 1 cup chicken stock see
- ☐ 0.5 cup basil fresh
- ☐ 6 sprigs basil fresh

- ☐ 12 slices mozzarella cheese fresh
- ☐ 1 cup heavy cream
- ☐ 0.3 cup olive oil
- ☐ 12 portabello mushrooms cleaned
- ☐ 1 small bell pepper diced red
- ☐ 1 small onion diced red
- ☐ 6 servings salt
- ☐ 12 large slices tomatoes fresh
- ☐ 1 tablespoon tomato paste
- ☐ 1 pound tomatoes fresh

Equipment

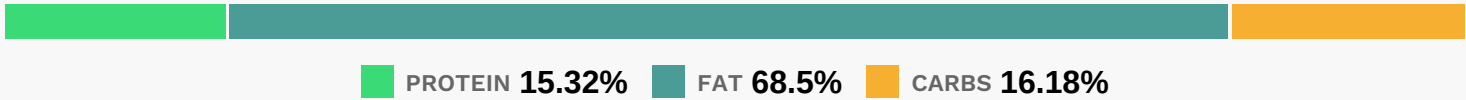
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Melt butter in a large skillet over low heat.
- ☐ Add onion, celery, and bell pepper and saute until they begin to soften. While they are cooking, cut fresh tomatoes in half, squeeze out seeds. Stir the fresh tomatoes into the skillet along with tomato paste and diced canned tomatoes. Bring to a boil, reduce heat to medium low and simmer partially covered to integrate flavors, about 5 minutes.
- ☐ Add stock and cook for another 20 minutes, stirring occasionally.
- ☐ Season portobello mushrooms with salt and pepper and brush with olive oil.
- ☐ Place on baking sheet in oven for 10 minutes.
- ☐ Remove pan of tomato mixture from heat, stir in cream and season with salt and pepper, to taste. While the mushrooms are in the oven, puree sauce in batches in food processor.

- ☐
- Remove mushrooms from oven and let cool.
- ☐
- To assemble napoleon, place a portobello on serving plate. Top with 1 slice of cheese followed by a slice of tomato, then another slice of cheese, another tomato slice and the second portobello on the top layer. Ladle warm sauce over the vegetable napoleon and finish with a basil sprig, for garnish.

Nutrition Facts



Properties

Glycemic Index:83.17, Glycemic Load:3.43, Inflammation Score:-9, Nutrition Score:29.111739283023%

Flavonoids

Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 521.37kcal (26.07%), Fat: 41.3g (63.54%), Saturated Fat: 20.52g (128.24%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 16.63g (6.05%), Sugar: 13.58g (15.09%), Cholesterol: 100.82mg (33.61%), Sodium: 788.85mg (34.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.78g (41.57%), Selenium: 43.72µg (62.45%), Vitamin A: 2533.9IU (50.68%), Vitamin B3: 9.92mg (49.58%), Phosphorus: 473.04mg (47.3%), Vitamin C: 36.37mg (44.08%), Calcium: 367.14mg (36.71%), Copper: 0.73mg (36.64%), Potassium: 1235.19mg (35.29%), Vitamin K: 36.43µg (34.69%), Vitamin B2: 0.57mg (33.29%), Vitamin B6: 0.55mg (27.7%), Vitamin B5: 2.46mg (24.57%), Vitamin E: 3.63mg (24.23%), Vitamin B12: 1.45µg (24.12%), Manganese: 0.47mg (23.27%), Folate: 88.59µg (22.15%), Fiber: 5.33g (21.32%), Zinc: 3.15mg (21%), Vitamin B1: 0.24mg (16.13%), Iron: 2.45mg (13.6%), Magnesium: 46.68mg (11.67%), Vitamin D: 1.37µg (9.1%)