



Warm Mushroom and Stilton Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound chanterelles fresh
- ☐ 4 ounce lettuce
- ☐ 6 tablespoons olive oil
- ☐ 1.5 ounces pancetta
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 3 large shallots
- ☐ 1 tablespoon sherry vinegar

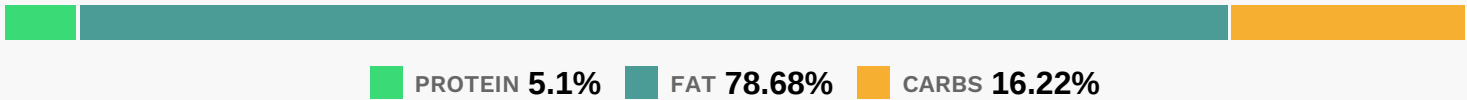
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Chop pancetta. Thinly slice shallots.
- ☐ Brush sand off 1 pound fresh chanterelle mushrooms and cut into 1/2-inch-thick slices. Crumble Stilton.
- ☐ Heat 2 tablespoons olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add the pancetta and shallots; sauté until beginning to brown.
- ☐ Add 2 more tablespoons olive oil, then the mushrooms.
- ☐ Sprinkle with salt and freshly ground black pepper. Sauté until the mushrooms are just tender, about 5 minutes.
- ☐ Add 1 tablespoon Sherry wine vinegar and boil until evaporated, stirring constantly.
- ☐ Remove from heat.
- ☐ Pour lettuce mix into a shallow salad bowl.
- ☐ Add 2 tablespoons olive oil and toss.
- ☐ Add 2 teaspoons Sherry wine vinegar, season with salt and pepper, and toss again.
- ☐ Add the mushrooms and cheese; toss lightly and serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.63, Inflammation Score:-2, Nutrition Score:8.6926086544991%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 194.41kcal (9.72%), Fat: 17.26g (26.55%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 4.48g (1.63%), Sugar: 2.23g (2.48%), Cholesterol: 4.68mg (1.56%), Sodium: 57.61mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Vitamin D: 4.04µg (26.9%), Vitamin B3: 3.42mg (17.11%), Iron: 2.98mg (16.55%), Manganese: 0.29mg (14.55%), Copper: 0.29mg (14.36%), Fiber: 3.52g (14.1%), Vitamin E: 2.09mg (13.91%), Potassium: 467.41mg (13.35%), Vitamin K: 13.25µg (12.62%), Vitamin B2: 0.18mg (10.33%), Vitamin B5: 0.91mg (9.07%), Phosphorus: 64.93mg (6.49%), Vitamin B6: 0.1mg (5.17%), Zinc: 0.7mg (4.67%), Selenium: 3.26µg (4.66%), Magnesium: 14.9mg (3.72%), Vitamin B1: 0.05mg (3.08%), Folate: 11.26µg (2.81%), Calcium: 20.45mg (2.05%), Vitamin A: 98.55IU (1.97%), Vitamin C: 1.54mg (1.87%)