



Warm Mushroom and Stilton Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound chanterelles fresh
- ☐ 4 ounce bordeaux lettuce mix
- ☐ 6 tablespoons olive oil
- ☐ 1.5 ounces pancetta
- ☐ 6 servings salt and pepper black freshly ground to taste
- ☐ 3 large shallots
- ☐ 1 tablespoon sherry wine vinegar
- ☐ 2 ounces coarsely stilton cheese

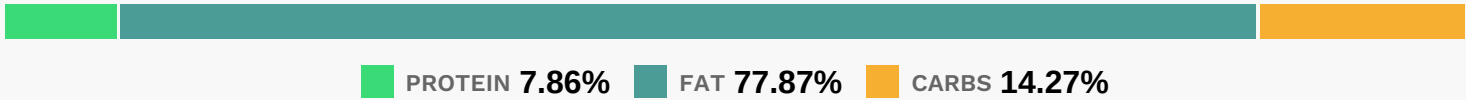
Equipment

- ☐ 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:20.17, Glycemic Load:0.69, Inflammation Score:-3, Nutrition Score:9.7386956059414%

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: 227.77kcal (11.39%), Fat: 19.97g (30.72%), Saturated Fat: 4.65g (29.05%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 4.71g (1.71%), Sugar: 2.28g (2.53%), Cholesterol: 11.77mg (3.92%), Sodium: 166.29mg (7.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.07%), Vitamin D: 4.08µg (27.22%), Vitamin B3: 3.52mg (17.6%), Iron: 3.01mg (16.71%), Manganese: 0.29mg (14.59%), Copper: 0.29mg (14.55%), Fiber: 3.52g (14.1%), Vitamin E: 2.11mg (14.07%), Potassium: 491.6mg (14.05%), Vitamin K: 13.47µg (12.83%), Vitamin B2: 0.21mg (12.46%), Vitamin B5: 1.07mg (10.7%), Phosphorus: 101.51mg (10.15%), Calcium: 70.35mg (7.03%), Selenium: 4.63µg (6.62%), Zinc: 0.95mg (6.35%), Vitamin B6: 0.12mg (5.96%), Magnesium: 17.07mg (4.27%), Folate: 14.66µg (3.67%), Vitamin A: 170.65IU (3.41%), Vitamin B1: 0.05mg (3.27%), Vitamin B12: 0.15µg (2.51%), Vitamin C: 1.54mg (1.87%)