



## Warm Mushroom Salad Stuffed Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

### Ingredients

- 1 pound baby portobello mushrooms quartered
- 2 tablespoons balsamic vinegar
- 2 large beefsteak tomatoes
- 4 ribs celery with leafy green tops, chopped
- 2 teaspoons dijon mustard
- 1 Handful flat-leaf parsley chopped
- 3 tablespoons olive oil extra-virgin
- 4 servings salt and pepper

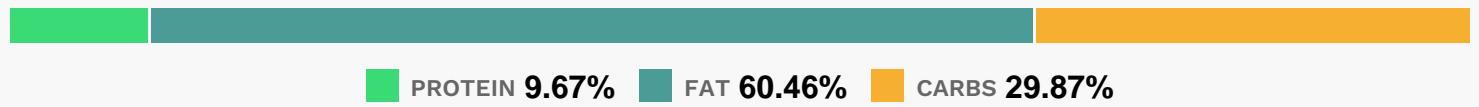
## Equipment

- frying pan
- knife

## Directions

- Split the tomatoes in half and scoop out the seeds and flesh. Trim the core tops with small knife. Season the tomato halves with salt and pepper.
- Heat the extra, 3 turns of the pan, in a medium skillet over medium-high heat.
- Add the celery and mushrooms and cook 7 to 8 minutes until mushrooms are tender. Season the vegetables with salt and pepper and add vinegar to the pan. Turn off heat and stir in mustard and parsley to coat. Adjust the seasonings.
- Divide the warm salad among the 4 tomato halves and serve.

## Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:2.44, Inflammation Score:-8, Nutrition Score:15.337391342806%

## Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 157.45kcal (7.87%), Fat: 11.33g (17.43%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 8.94g (3.25%), Sugar: 8.55g (9.5%), Cholesterol: 0mg (0%), Sodium: 242.87mg (10.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Vitamin K: 36.19µg (34.47%), Selenium: 21.95µg (31.35%), Vitamin B3: 6.14mg (30.69%), Vitamin A: 1513.47IU (30.27%), Vitamin C: 24.86mg (30.14%), Potassium: 835.78mg (23.88%), Copper: 0.43mg (21.53%), Phosphorus: 168.46mg (16.85%), Vitamin E: 2.47mg (16.46%), Vitamin B6: 0.31mg (15.36%), Manganese: 0.3mg (14.83%), Folate: 59.32µg (14.83%), Fiber: 3.65g (14.62%), Vitamin B5: 1.46mg (14.57%), Vitamin B2: 0.18mg (10.76%), Vitamin B1: 0.14mg (9.05%), Zinc: 0.93mg (6.17%), Iron: 1.04mg (5.76%),

Magnesium: 21.48mg (5.37%), Calcium: 25.87mg (2.59%), Vitamin D: 0.34µg (2.27%)