



Wild About You Salad: Wild Mushroom Salad with Thyme and Heart of Romaine

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 crimini mushroom caps very thinly sliced
- 2 tablespoons flat-leaf parsley chopped
- 2 tablespoons thyme leaves fresh chopped
- 0.5 juice of lemon juiced
- 2 tablespoons olive oil extra-virgin
- 0.5 cup oyster mushrooms very thinly sliced
- 0.5 heart romaine lettuce shredded

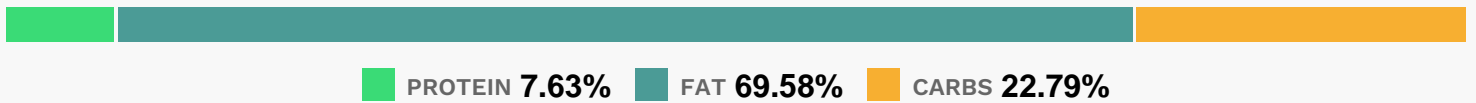
- 2 servings salt and pepper
- 1 shallots very thinly sliced
- 6 mushroom caps very thinly sliced
- 2 teaspoons red wine vinegar -- a sprinkle

Equipment

Directions

- Combine mushrooms, shallots, parsley, lemon juice, vinegar and thyme leaves and season them with salt and pepper.
- Let stand 15 minutes.
- Combine with shredded romaine and dress with evoo. Adjust seasonings and divide among 2 plates.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:1.45, Inflammation Score:-10, Nutrition Score:16.239565152189%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg Luteolin: 3.23mg, Luteolin: 3.23mg, Luteolin: 3.23mg, Luteolin: 3.23mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 175.24kcal (8.76%), Fat: 14.53g (22.36%), Saturated Fat: 2g (12.48%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 7.24g (2.63%), Sugar: 3.22g (3.57%), Cholesterol: 0mg (0%), Sodium: 209.52mg (9.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Vitamin K: 81.3µg (77.43%), Vitamin A: 1290.5IU (25.81%), Vitamin C: 20.73mg (25.13%), Vitamin B2: 0.41mg (23.96%), Vitamin B3: 4.45mg (22.24%), Selenium: 13.54µg (19.35%), Copper: 0.37mg (18.66%), Manganese: 0.36mg (17.77%), Vitamin B5: 1.61mg (16.09%), Potassium: 530.87mg (15.17%), Phosphorus: 141.18mg (14.12%), Fiber: 3.47g (13.86%), Vitamin E: 2.08mg (13.84%), Vitamin B6:

0.27mg (13.52%), Iron: 2.41mg (13.41%), Folate: 48.13µg (12.03%), Zinc: 1.28mg (8.53%), Magnesium: 33.33mg (8.33%), Vitamin B1: 0.09mg (6.15%), Calcium: 50.5mg (5.05%), Vitamin D: 0.36µg (2.39%)