

Grilled Portobellos

Great on a hot summer day on a grill or with a fancy dinner for two. These portobello caps can also help fill you up as a side dish when calories dip lower.



PREP TIME

15 mins

COOK TIME

20 mins

TOTAL TIME

35 mins



COURSE

Dinner, Gluten Free, Sides, Vegetables



SERVINGS

4 servings

CALORIES

52 kcal

INGREDIENTS

- 4 lg Portobello Caps
- 1/2 c dry white wine
- 2 Tbsp balsamic vinegar
- 2 Tbsp soy sauce or tamari
- 2 cloves garlic minced
- 1 tsp liquid smoke

INSTRUCTIONS

1. Mix white wine, vinegar, soy sauce, garlic and liquid smoke together in a shallow dish.
2. Coat the portobello caps in the marinade, and let sit bottoms up for at least 15 minutes.
3. Preheat your grill over medium-high heat and spray with non-stick cooking spray.
4. Put the caps, bottoms up on the grill and cook for 5 minutes. Flip and cook for 3 more minutes. They should be soft to the touch.
5. Slice and serve or put in a sandwich.

NUTRITION

Nutrition Facts

Grilled Portobellos

Amount Per Serving

Calories 52

% Daily Value*	
Sodium 17mg	1%
Potassium 333mg	10%
Carbohydrates 5g	2%
Fiber 1g	4%
Sugar 1g	1%
Protein 3g	6%
Vitamin C 1.7mg	2%
Iron 0.5mg	3%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!