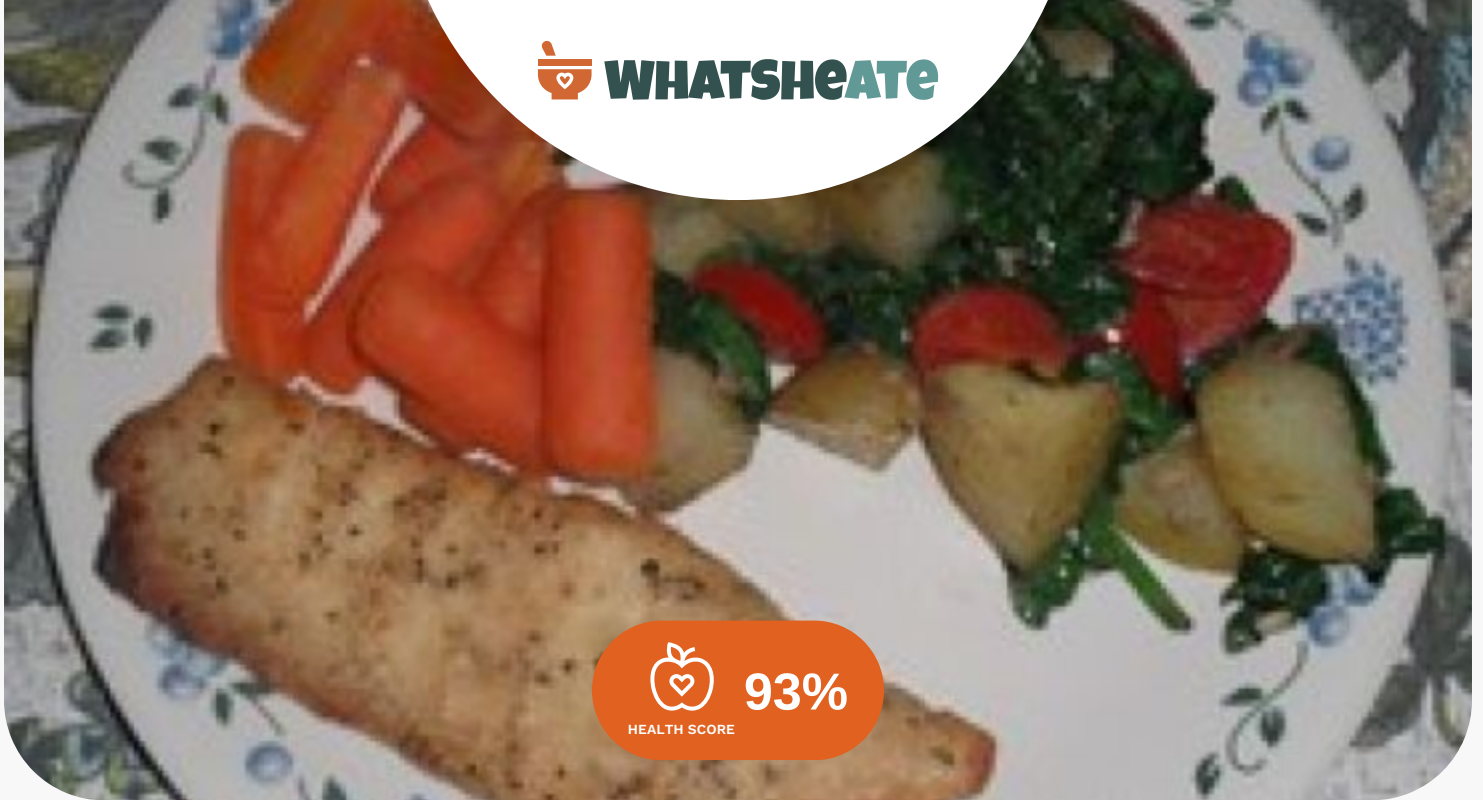




## Baked Mushrooms and Potatoes with Spinach



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

### Ingredients



0.3 pound cherry tomatoes



2 tablespoons thyme leaves fresh chopped



6 cloves garlic unpeeled



4 servings kosher salt and ground pepper black to taste



1 pound new potatoes halved



1 tablespoon olive oil



2 tablespoons pinenuts toasted



0.5 pound portabello mushrooms

☐ 0.3 pound pkt spinach   thinly sliced

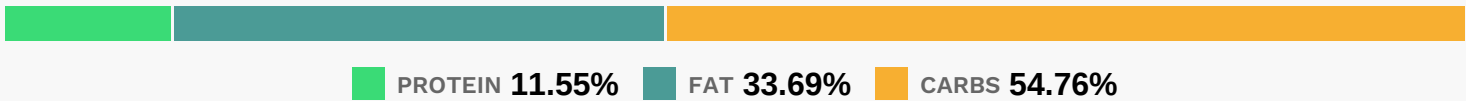
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

## Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place new potatoes in a shallow roasting pan; drizzle with 2 tablespoons of olive oil. Roast for 15 minutes, turning once.
- ☐ Add portobello mushrooms, placing stem sides up, and garlic cloves to pan.
- ☐ Sprinkle with chopped thyme.
- ☐ Drizzle with 1 tablespoon olive oil and season with kosher salt and black pepper. Return to oven; cook 5 minutes.
- ☐ Remove pan from oven and add cherry tomatoes. Return to oven; cook until mushrooms are softened, about 5 more minutes.
- ☐ Scatter pine nuts over potatoes and mushrooms.
- ☐ Serve with sliced spinach.

## Nutrition Facts



## Properties

Glycemic Index:55.69, Glycemic Load:15.23, Inflammation Score:-10, Nutrition Score:23.682174002347%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## Nutrients (% of daily need)

Calories: 186.49kcal (9.32%), Fat: 7.45g (11.46%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 22.39g (8.14%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 38.69mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.49%), Vitamin K: 144.92µg (138.02%), Vitamin A: 2967.92IU (59.36%), Manganese: 1.08mg (54.25%), Vitamin C: 43.82mg (53.11%), Vitamin B6: 0.57mg (28.45%), Potassium: 974.36mg (27.84%), Folate: 96.13µg (24.03%), Copper: 0.44mg (22.15%), Vitamin B3: 4.42mg (22.08%), Fiber: 4.85g (19.4%), Phosphorus: 187.2mg (18.72%), Magnesium: 70.48mg (17.62%), Selenium: 11.99µg (17.13%), Iron: 3.01mg (16.75%), Vitamin B1: 0.19mg (12.37%), Vitamin B2: 0.2mg (11.93%), Vitamin E: 1.73mg (11.55%), Vitamin B5: 1.1mg (10.95%), Zinc: 1.26mg (8.39%), Calcium: 70.09mg (7.01%), Vitamin D: 0.17µg (1.13%)